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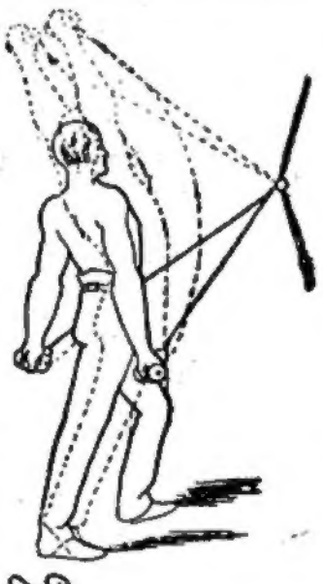

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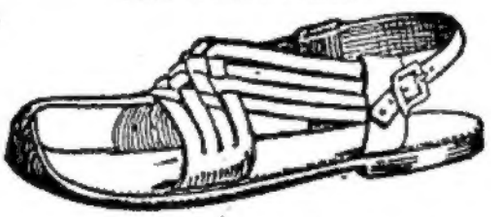

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SEPTEMBER 27, 1906.

# SANDOW'S MAGAZINE

... OF ...

# PHYSICAL CULTURE.

EDITOR: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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## NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

THE close relation between physical condition and moral obliquity is now generally recognised except by a few of the most old fashioned dispensers of justice, who have lingered in the lap of a less inquiring era, and have not kept abreast of modern scientific and psychological thought. The reformatory aspect of punishment, however, still seems to enter little into the consideration of the average magistrate when dealing with that class of criminal who has earned the adjective of "habitual." Almost every day one reads of the re-appearance in the dock of some old offender, and the pleas of some of these unfortunate *mauvais sujets* to escape another term of imprisonment are often piteous. In many cases the evident desire of these prisoners to lead an honest life is actually frustrated by our unjust ticket-of-leave system and its methods of espionage, and it is constantly apparent that magistrates and judges would be only too glad to give many of these old offenders a chance to work out their salvation in some sort of a State reformatory if such an establishment existed.

---

NERVOUS and mental degeneracy—the result of an unhealthy, uneducated physical condition—is the cause of many of these moral lapses, and our present prison system, from what one gathers by the reports of those who have passed through a term of imprisonment, is not calculated apparently to remove those conditions. To send a weak-minded, physical wreck out of prison to swell the ranks of the unemployables is obviously a step only calculated to lead to another moral collapse. I am aware, of course, that there are many benevolent societies and institutions formed with the object of assisting those who have been in prison, but the mere moral support of good men and women is generally of little avail where the whole physical and mental fibre has become so deteriorated.

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SOME sort of a probationary institution —part prison and part hospital—would undoubtedly be a better method of grappling with this weighty problem. If I mistake not, such institutions are to be found in the States for the treatment of habitual drunkards. The inmates, after leaving prison, are sent there, where, under skilled direction, they are taught to live cleanly, wholesome lives. Physical education is a very important part of the programme, and men and women who enter mere physical, nervous, and mental decadents, are steadily trained into really fit, sane, and useful citizens. Surely such a system applied to the man or woman whose physical condition unfits him or her to resist temptation is more wise and rational than to keep sending them to various terms of imprisonment at the national expense, until, realising the hopelessness of their position, they resign themselves to what appears to them the inevitable, and frequently spend their last days inside prison walls.

---

ONE has only to study the marvellous transformations often wrought by a few years of army discipline to realise what may be done in this direction. The army system is by no means ultra-sympathetic, nor does the average sergeant suffer from an excess of what George Meredith calls "humanitomtity." But the regular habits of life, the nourishing food, the outdoor exercise, and the physical training frequently convert a weedy, immoral, and mentally warped youth into a manly, honest, clean living individual. How much more likely, therefore, would a rigid but sympathetic course of physical, mental, and moral education be to transform the weak, and the shifty, and even the vicious into really useful and valuable citizens ?

---

TAKE, for example, the hooligan, a most unlovely and undesirable type of any city! In many cases, the hooligan is merely the victim of misdirected courage. He has never known discipline, he has plenty of physical courage, and his mental equipment is little. So his misdirected prowess leads him to crime as the easiest and most primitive mode of getting his living. Yet many of these youths are merely "scally-wags" who, under better circumstances, would have been found guilty of no more heinous offence than the "ragging" which so often accompanies high animal spirits. He is not strictly speaking dishonest, but he is starving, and his primitive barbarism without any moral restraint, prompts him to take what he wants in what seems to him the easiest way, namely, by force.

---

THE same youth, if he joins the army, still retains his courage and fearlessness of consequences, but he is trained to obey orders, to treat his own body and that of others with all respect, and to recognise that restraint does not necessarily infer cowardice. So he often becomes a really ideal soldier, and, not infrequently, a hero. The famous French *savant* who has made the criminal mind a life study, contends that the *mauvais sujets*, if properly educated and trained, and moved away from their early environment, would make exceedingly good soldiers, and afterwards, the best of pioneers and colonisers.

---

PERSONALLY, I think that everyone who dispenses justice should be called upon not merely to have a thorough knowledge of the law, but to have a knowledge also of psychology and physiology. No man who has not made a study of the intimate association of mental twists and wrong physical conditions, can correctly adjudicate upon the relative degrees of guilt between any given number of criminals. At any rate, our present methods are totally unavailing to reduce our annual crime bill, and I believe that only a system of physical, mental, and moral education before an habitual criminal is restored to ordinary social conditions will have that effect. And on the whole, such an experiment would be less costly than our present purely repressive methods.

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# HOW TO REDUCE WEIGHT SAFELY.

By G. Elliott Flint.

WHY some persons are fat, while others are thin, seems to be not generally known. Many assume that the stout eat a great deal; but they do not—in fact, they are often small eaters. That they do not even assimilate well is indicated by their frequently having dyspepsia, and by their being not so energetic, nor so strong, nor so long-lived, as are thin persons. But if the constitutionally fat are, as a class, neither large eaters nor good assimilators, yet they have attributes in common. Most of them are of sluggish temperament; that is, their respiratory, circulatory, secretory and excretory functions are inactive; more, their general oxidation is deficient. In view of these facts it would seem that the most rational cure for overfatness lies in the stimulation of the eliminative organs, and in increasing the oxidation of tissue.

When a muscle contracts blood flows to it in an amount proportional to the intensity of its contraction. Thus, much less blood will flow to muscle lightly worked than to those heavily worked. Now, as blood contains oxygen taken from the lungs and nourishment absorbed from the digestive organs, it follows that the harder-worked muscles will lose more fat by the greater amount of oxygen, whose function it is to destroy fat, and will be better nourished, than the lighter-worked muscles. This principle we see exemplified in the fact that men's legs, which habitually do heavy work, are more solid and muscular than the arms any trunk which, ordinarily, perform onld light work. One's legs carry one's body along slowly, as in walking; rapidly, as in running; and up and down stairs; but whatever kind of work the legs do, it is always heavy work, for the body, which the legs must support, is heavy. And herein is the reason why men are less symmetrical than other animals. Horses, dogs, tigers, subject all their muscles at all times to nearly equal strains; hence fat accumulates in no part more than in another, and there is, in their case, bodily symmetry. If men could devise exercises which would put proportionately intense strains on all their muscles, they too would become symmetrical. I have said that deficient oxidation was one principal cause of overfatness. Probably the reader has noticed that fat persons are usually short-winded and weak-voiced. So, to increase the lung capacity is the first step in the reduction of flesh. For this purpose running is, I think, superior to any other exercise. Boxing and hand-ball are also excellent for the "wind." And these exercises will do more than increase the respiratory functions; they will greatly stimulate the circulation as well as all the secretory and excretory processes. What leg exercises will not do, however, is oxidise, to any great extent, the soft tissues of the trunk and arms. True, by stimulating the general circulation and by increasing lung capacity, leg exercises will oxidise upper tissues somewhat; but when fat is not replaced by muscle it has a strong tendency to re-form. A bad effect of leg exercises exclusively is that they draw a major part of the blood, rich in oxygen, to the lower limbs; whereas if vigorous arm and trunk exercises were executed, beside the leg exercises, much blood would be attracted also to the upper parts which would then be oxidised to the best advantage, their lost fat would be, at the same time, re-placed by solid tissue, and there would be no tendency for it to re-form. Running, therefore, splendid exercise though it is, should be supplemented by vigorous "upper" exercises. By vigorous upper exercises I do not mean calisthenics nor any kind of so-called light exercises; I mean reasonably hard work.

That general exercise is the only natural and the best way to reduce obesity is certain. During exertion the volume of air taken into the lungs is vastly increased, and the circulation of the blood is much quickened, as, laden with a large supply

of oxygen and nutriment, it flows to the muscles, nourishing them, while it at the same time burns up and carries away particles of their fat.

In a subject who begins to exercise systematically, excessive oxidation occurs within the tissues, until the relation of their constituent parts becomes normal; that is, when the proportion of fat to flesh is correct; for healthy muscles should be surrounded with, and should contain, a certain quantity of fat. Only when such a proportion is reached do muscles attain their proper symmetry.

I speak thus positively, although I am well aware that, at present, the preferred method for reducing flesh is "dieting" or semi-starvation. But that kind of dieting is neither a radical nor a natural cure for adiposis. A low diet deprives the system of its proper nourishment—impairs the digestion, by accustoming the stomach to digest merely certain kinds of food, and these only in small quantity—weakens all the organs, which should be continually supplied with rich blood—and, what is most important of all, not only fails to assist the eliminating organs to get rid of waste products, whose presence in any considerable quantity in the system is alone sufficient to cause ill health, but actually renders the actions of such organs still more sluggish. Again, the reduction of flesh by minimising the supply of food has the disadvantage of being but temporary, and can be maintained for even a short time only by a rigorous abstinence which is disagreeable, unnatural, and hurtful.

The reduction of weight accomplished by the forced "sweatings" of Turkish baths is as unpermanent as that brought about by the low-diet régime. Turkish baths will, in a few hours, deplete the blood of several pounds of water; but profuse perspiration engenders an acute thirst which must be satisfied, when the blood will again absorb the amount of water that it lost.

It is notorious that small, wiry persons are, as a rule, longer lived than are stout and apparently healthier folk. What follows may explain why. The thin are, usually, large eaters; that is, they ingest daily a large quantity of food. But little of this can remain as waste product, for the subjects do not become fat. What then becomes of it? Assuredly it must be burned up to supply energy—thin persons are usually energetic—and its waste products must afterward be completely eliminated. On the other hand, the systems of fat persons are choked with waste products, which degenerate the more the longer they remain, until they at last produce divers diseases that carry the subjects off prematurely. So I repeat that, for the obese, exercise is much more beneficial than dieting, if only for the reason that the former strengthens, while the latter weakens, the organs of elimination.

There are, however, cases in which adiposis is produced by over-eating. These without dieting in the sense of not satisfying the tissue demand for nutriment, should yet reduce their amount, and change somewhat their kind of food. Potatoes, peas, baked beans, cereals, fats, sweets—such as puddings, pies and cake—ale, beer, sweet wines and even water when taken with meals, all conduce to obesity. But, in lieu of the foregoing flesh producers, one may satisfy hunger with a moderate amount of lean meats, poultry, fish; with fruits (excepting figs, dates and bananas), and with vegetables, such as spinach, string beans, egg-plant, celery, beets, etc. I would recommend also that those overfat from a too rich and too generous diet abstain from much liquid at meals, but that they drink copiously of water between meals to flush their systems. Water, be it remembered, is an excellent purgative.

Still another important factor in taking off weight needs to be mentioned. Fresh air, because it contains considerably more oxygen than does ordinary indoor air, has a greater potentiality for destroying fat. Hence while exercising one should be particular to have air as fresh as possible to breathe.

As most of a stout person's fat accumulates about the abdomen, abdominal exercises, to draw large quantities of oxygenated blood to that part, are important. Here are two:

First, lie flat on your back on the floor or in bed, and, after placing the toes beneath some sufficiently firm object, rise slowly to a sitting posture; then sink slowly back. Repeat until tired.

Second, lie as before, but with the feet free ; now raise the legs, extended straight, slowly up, back and over the head ; bring them down again slowly. Repeat until tired.

Another home exercise, as excellent for the triceps, chest and wrists as for the abdomen, is to support the body, maintained rigidly straight, face downward, above the floor, by means of the hands and toes ; now, allowing the lower point to do duty as a fixed fulcrum, bend the arms, until the chin touches the floor ; then push up to straight arm again. Repeat until tired.

Digging a trench, shovelling coal, wood-chopping, moving furniture, carrying loads —being general exercises—are all excellent for the health as well as for the general strength ; but that kind of work is inconvenient for many, and may be practised habitually only by those who earn their living thereby.

The advantages dumb-bells possess over apparatus are many. Easily portable and occupying but little space they can be kept in one's own room, where they may be used conveniently at one's leisure ; and the busiest man has some leisure, if only at the time he retires. Again, the stout and inactive who would find exercises with apparatus difficult, can easily learn how to handle dumb-bells. Lastly, and this is perhaps their chief advantage, dumb-bells may be of sizes to suit particular strengths.

That it is healthful to exercise just before retiring has been disputed. Personally, while I admit that night may not be the best time to exercise, I believe it is a good time. After a day and perhaps an evening of intellectual endeavour, exercise favours sleep by drawing blood from the brain and pleasantly fatiguing the body. Moreover, the blood being especially rich in nutriment at night, and prolonged repose following muscular exertion near bed time, muscles and organs seem to " make " particularly well then. At all events, I think that exercise does more real good at night than before breakfast ; for in the early morning vitality is lowest and the blood has least nutritive power. The writer, when engaged days and evenings in literary labour, exercised regularly at midnight for many months, and derived marked benefit from it. No bad effect from the unusual amount of work was felt, and his weight remained the same.

First curling, and then putting up two moderately heavy weights simultaneously, is a general exercise that imposes a considerable strain upon, and therefore develops greatly, *all* the important muscles and organs in the body.

The stout subject, however, should use only those dumb-bells that are light enough to allow him to repeat the double movement of curling and pushing eight or ten times. Curl and push as follows : Grasping a dumb-bell in each hand, stand with the body inclined slightly forward, and with the legs straight and a little apart ; now turn the palms upward and curl the weights to the shoulders by at once flexing the wrists and arms and straightening the back ; then throw the head back and the chest out, bend backward and push the weights to straight arm above the shoulders.

Now, because of the wide distribution and the intensity of the strain, the amount of carbonic acid (the chief product in the decomposition of active tissues) formed during the above performance is enormous ; hence the destruction of fat and the subsequent general oxygenation of the entire system must be equally enormous. Moreover, it cannot be supposed that the heart and lungs, the prime ministers to the tissues, do not participate in a strain to which so great a number of muscles are subjected ; therefore, those organs, so long as the strain remains physiological, must also be largely developed and strengthened.

Of course, if the strain be too great it becomes overstrain, which is hurtful and always dangerous. So as much care should be taken that the weights be not too heavy, as that they be not too light.

Provided, then, that the weights be not beyond, nor too much below, the strength of the subject, the foregoing simple movement would seem to be almost unparalleled as at once a reducer for the too fat, a developer for the too thin, and a promoter of general strength and symmetry.

The movement of " see-sawing " dumb-bells ; or, putting one and the other up alternately, should be practised as well as the simultaneous movement.

The exact size of the weights one should employ in the above dumb-bell exercises is of such great importance as to call for explicit directions on this point. I have recommended the use of moderate weights; by which I mean dumb-bells weighing from fifteen to fifty pounds. Just what weights would be "moderate" to any particular individual can be determined only by himself. Let us say that a man of average strength who has never regularly exercised can curl and put up two 15-pound dumb-bells, one in each hand, ten times in succession; then to him those weights are moderate. But if a second man who has undergone considerable training can curl and put up two 40-pound dumb-bells ten times in succession, then 40-pound dumb-bells are moderate to that individual. Thus, by trying his strength with different weights, any one can easily discover the particular weights with which he can repeat ten times; and those weights, whatever they may be, will be the proper ones for him to use. When one can repeat more than ten times with his proper dumb-bells, he may safely use those that weigh about five pounds more each. The writer has seen a professional wrestler who weighed two hundred and eighty pounds, put up two 85-pound dumb-bells twelve successive times. To this giant those enormous weights must, therefore, have seemed only moderate. When one uses only those weights with which he can repeat the same movement ten times, there is little danger of strain.

Chest weights are valuable to reduce flesh. The many movements possible with those machines may be learned from the pamphlets accompanying them. But I would warn my readers, if they wish to derive benefit from this kind of exercise, not to pull weights which are very light; for doubtless there will be many, physical culturists included, who will declare that the arms should not strenuously exert themselves; which same men will, in the next breath, recommend running, it not occurring to them to explain their inconsistency.

After the hard and rather slow work with the dumb-bells and chest-weights the obese subject should take some sort of quick exercise to promote perspiration—such as fast walking, running, hand-ball, boxing, or fencing. Many outdoor athletic sports are useful for this purpose. Home exercises are: Swinging light dumb-bells in the curling and pushing and see-sawing movements already described, the bells weighing from three to ten pounds according as the subject is moderately or very strong; swinging Indian clubs, running upstairs several steps at a time, and punching a canvas bag hung in an open doorway.

If one can work in a gymnasium he will find the "medicine ball" especially useful to reduce weight. This is made of canvas, and may weigh from four to sixteen pounds. One individual tosses it to another from various positions: With two hands, from above the head, or from between the legs; with the right arm alone, and with the left arm alone; or the player may turn half way around and throw the ball backward above his head. The medicine ball's virtue consists in its being a means to general exercise, affecting in a nearly equal degree all the muscles and organs.

My reason for combining lighter exercises with heavy work in order most effectually to take off flesh, is this: Heavy work, necessitating as it does intense combustion in and around muscles, results in the formation of much waste product; while more active and longer-continued exercises stimulate secreting and excreting organs to quickly eliminate these.

I met in a gymnasium one day a man who looked to be about fifty years of age. He was five feet ten inches in height, well built and, I should judge, weighed about one hundred and eighty pounds. He said that as a boy he had been thin; but stoutness came with age (he went up to two hundred and forty-five pounds), and also ill health. Then he began to practise with dumb-bells, and, by gradual training, learned to put up fairly heavy weights, either with one hand, or with two hands. He practised also the two abdominal exercises described in this article, wrestled, boxed and played hand-ball. He declared that, within two years, these exercises combined had not only restored his health, but incidentally they had reduced his waist-girth *twelve* inches, and had given him a symmetrical figure.

# ARTICLETTES.

## CAUSE OF COLD FEET.

Do you suffer from cold feet? Then this will interest you. Sir James Barr says that cold feet are due to the capillaries through which the interchange of nutritive food and gases takes place between our blood and our tissues.

They constitute a vast filter bed, and through them the combustion of the body and the fire of life are maintained. So numerous are they, that you cannot stick a pin into any part permeated with blood vessels without wounding one or more. In neurotic individuals you might, however, wound many vessels without drawing blood. In ordinary mortals perhaps not a third of the capillaries are full at any one moment. The capillary pressure in the foot is often less than that in the hand, and much less than that in a grog-blossomed nose. Some people are very liable to cold feet in bed, and such appendages to a lady led to a divorce in America. In such cases the part might be fairly comfortable before going to bed, but once the horizontal posture was assumed the arterial pressure and capillary velocity fell; there was not a sufficient amount of fuel carried to the extremities to keep the large cooling surface warm. Here the defect was in the initial energy, and it would be advantageous to keep the feet much lower than the head and shoulders.

Possibly, added Sir James Barr, if the lady had been under medical treatment she might have avoided the divorce.

The circulation of the blood is one of the most perfect pieces of mechanism in the universe, and no amateur should be trusted to keep it in repair; yet American and English people pour tons of baneful drugs down their throats every year on the recommendation of quacks.

## OCCUPATIONS AND LONGEVITY.

DR. SCHOFIELD, formerly examiner of the National Health Society of Great Britain, in his book, "Nerves in Order," gives an interesting table, arranged in order, of the longevity of the people following various occupations. The clergy stand at the head of this list, farmers come next, then agricultural labourers, while at the foot of the list we find the London (or city) labourer and barmen, or barkeepers.

It is significant to find the clergy, who possess temperate habits, and farmers, who lead out of door lives, and live simply, at the head of the list, and the intemperate barkeeper at the bottom of the list. This shows clearly the effects of over-indulgence in alcohol. It is an injury to the user when taken in large doses, and the extent of the injury sustained by the body depends upon the quantity that is taken. Small doses will not have the effect of larger doses, but the effect of even the smallest dose is sometimes destructive.

## LEMONS SCARCE AND DEAR.

IT is stated, on the authority of the best known dealers in Covent Garden Market, that during the past twenty years lemons have never been so scarce or so dear as they were a few days ago. In the Grand Avenue in Covent Garden for several days there was not a single lemon on view, but in the wholesale part of the market small lemons were selling at 10s. per hundred, and larger ones at 45s. per case containing about 360. The supply was very small.

Most of the lemons consumed in England come from Italy. The last crop—especially in the Naples district—was a comparative failure, and a very inconsiderable quantity now remains on the market.

Spanish lemons are now coming in, but they are nearly green, and by no means up to English requirements.

This year's crop from Italy will not reach England until October or November, and, according to recent advices, it will be below the average, both in quantity and quality.

## "PERDITION" IN THE MILK CAN.

M. K. (Bournemouth) writes to the Editor of the *Daily Chronicle* as follows, in reference to a suggestion from a correspondent that there is a danger to public health in the present system of using loose-topped milk cans. At the same time he points out that the milk traffic requires reforming in other directions. He says:

"Your correspondent, 'A. P.,' can do as I have done. Let him and all intelligent folk (I would appeal even to fools) order his milk to be sent to him in bottles, properly and securely sealed. Any good dairyman will show 'A. P.' a sample. His dairyman will at once comply, or, if not, he can find another who will. The slightest injury to the seal can be detected; before the servants open the bottles a mere glance is sufficient for this purpose. Look at the security of this method. Quantity is assured and the responsibility for quality will be better traced to the dairyman. A boy with a hand-barrow can deliver, the costly paraphernalia of cart, horse, and man will cease, and the daily diabolical din of the milk carts and cans will no longer be heard.

"After all, this touches only the fringe. How is the Empire going to deal with a case like the following? I was visiting a cowhouse in the country a short time ago, and saw a disgustingly dirty old man milking the cows. His hands were covered with the abominations of the dung heap and pig stye. If the Empire can satisfactorily deal with the milk question from that point of view we shall make a good beginning. The rest will follow—in time. Let every consumer of milk, however, take to his bottle—and that instantly. There is perdition in the milk can."

# RACING IN THE AIR.

## Great International Ballooning Competition.

MR. JAMES GORDON-BENNETT is an indefatigable promoter of races. Not content with the great automobile contest which he inaugurated, and which continues its prosperous career, he is now invading the upper air, and at the end of this month a great balloon race, for a challenge cup of the value of £500, offered by him, will take place.

Altogether twenty-one balloons will take part in the race—Great Britain, France, Germany, America, Italy, Belgium, and Spain each sending three balloons. The representatives of Great Britain will be Mr. Frank Hedges Butler, with Mr. Percival Spencer, in "The City of London"; the Hon. C. S. Rolls and Col. Capper, C.B., R.E., in the "Britannia"; and Professor Huntington, with Mr. C. F. Pollock, in the "Zephyr." Each of these balloons will be of 77,000 cubic feet capacity, and will cost £17 12s. 6d. to fill.

The entrance fee for the race is £20, and in addition to the challenge cup there will be £500 in cash prizes for the aeronauts who complete the three longest distances.

### TWO NIGHTS IN THE AIR.

The start will be from the Tuileries Gardens in the Place de la Concorde, Paris, on the afternoon of Sunday, September 30th, and the balloons will stay, if possible, at least two nights in the air. On landing anywhere the aeronauts are to get a certificate signed by two responsible persons, as, for example, the burgomaster and the postmaster, and to facilitate matters each competitor will have his passports with him. The certificate forms will be written in four languages—Latin, English, French, and German. The equinoctial gales usually obtain about the beginning of October from a westerly or south-westerly direction, and the balloons are expected to travel over France into Germany, or even as far as Russia. The aeronauts will judge of their course by the stars and by compass.

The cars of the balloons will be fitted with mattresses and pillows, so that while one of the aeronauts watches the other may snatch a little rest. Washing basins will also be provided, and the provisions will include soups, coffee, and chocolate, which will be warmed by means of lime.

This great international balloon race is one of the most important events of the year in the aeronautical world, and those interested in the question of the navigation of the air are hoping that from its introduction a stimulus may be given to inventive genii to evolve a really dirigible and practicable airship. Already the idea of using aeroplanes in future contests is being discussed, and there can be no doubt that on every hand the Gordon-Bennett Balloon Race will be a topic of conversation.

### RECORDS OF ENGLISH COMPETITORS.

All the English competitors are well known aeronauts. Mr. Frank Hedges Butler was the founder of the Aero Club of Great Britain, and has made altogether eighty balloon ascents in various parts of Europe. On one occasion he went up from London alone in a balloon, and travelled to Corby, in Lincolnshire, a distance of 115 miles, without once being in sight of land.

He has made twelve night ascents, including journeys from London over Warwick to Lincoln, which is 175 miles, and from London to Bridlington, which is a journey of 195 miles. On one occasion he crossed the Channel at its widest part in a balloon, starting from London and landing at Caen, in Normandy, and on another occasion he had the honour of accompanying from London to Boulogne, by balloon, Mrs. Griffith Brewer, who is the only lady who has ever crossed the Channel, except in the orthodox

manner by steamer. Mr. Butler has also made some half-dozen separate voyages over France and Germany.

The Hon. C. S. Rolls, who is another English competitor, has the distinction of having competed in the other great Gordon-Bennett contest, the motor race of 1905, when he represented Great Britain. Mr. Rolls is equally at home in a balloon, and is a member of the Aero Club of France. Professor Huntington, who is England's third representative, is a Member of the Institute of Mechanical Engineers, and Professor of Metallurgy at King's College. He has also made a number of balloon ascents and has made some remarkable passages.

### AFTER-HOLIDAY ILLS.

IT is a recognised fact that doctors have a busy instead of a "slack" season for a month or two after everyone has returned from the summer search for health.

"If people would only exercise a little common sense when holiday-making," said a doctor to a *Daily Mail* representative, "we should be able to take our own holidays with more peace of mind. Many people come back worse off physically than when they went away. To mix metaphors a trifle, one might say that there is many a dyspeptic stomach behind a bronzed countenance.

"The average man, run down from his office work, knowing he has only a definite period before him, is averse from doing the only sensible thing—which is to take a week of absolute lazy rest. He cycles, rows, or walks ridiculous distances, and wonders that his heart shows signs of trouble. He snatches a hasty breakfast, and returns to an indigestible supper late at night, omitting his dinner completely and having a makeshift lunch, and then has a grievance because he feels an attack of incipient indigestion.

"Mountaineering is the severest form of exercise one can undertake, but people still go to Switzerland expecting to start on the Matterhorn right away. The guides have to be wise for them. They insist, very properly, that for a week at least short climbs, such as the Rigi, shall precede the more ambitious tasks.

"Other causes of holiday ill-health are the long railway journeys, lack of care as to drinking water, and the complete change of diet from the simple food of everyday life to a series of 'feeds' in Paris or some other Continental capital."

### OUR TOBACCO BILL.

IN 1891 smokers in Britain consumed 1.61 lb. per head of tobacco. This has gradually increased until last year the amount was 2 lb. per head.

## How Cold Water Affects the Body.

**Ten Beneficial Results.**

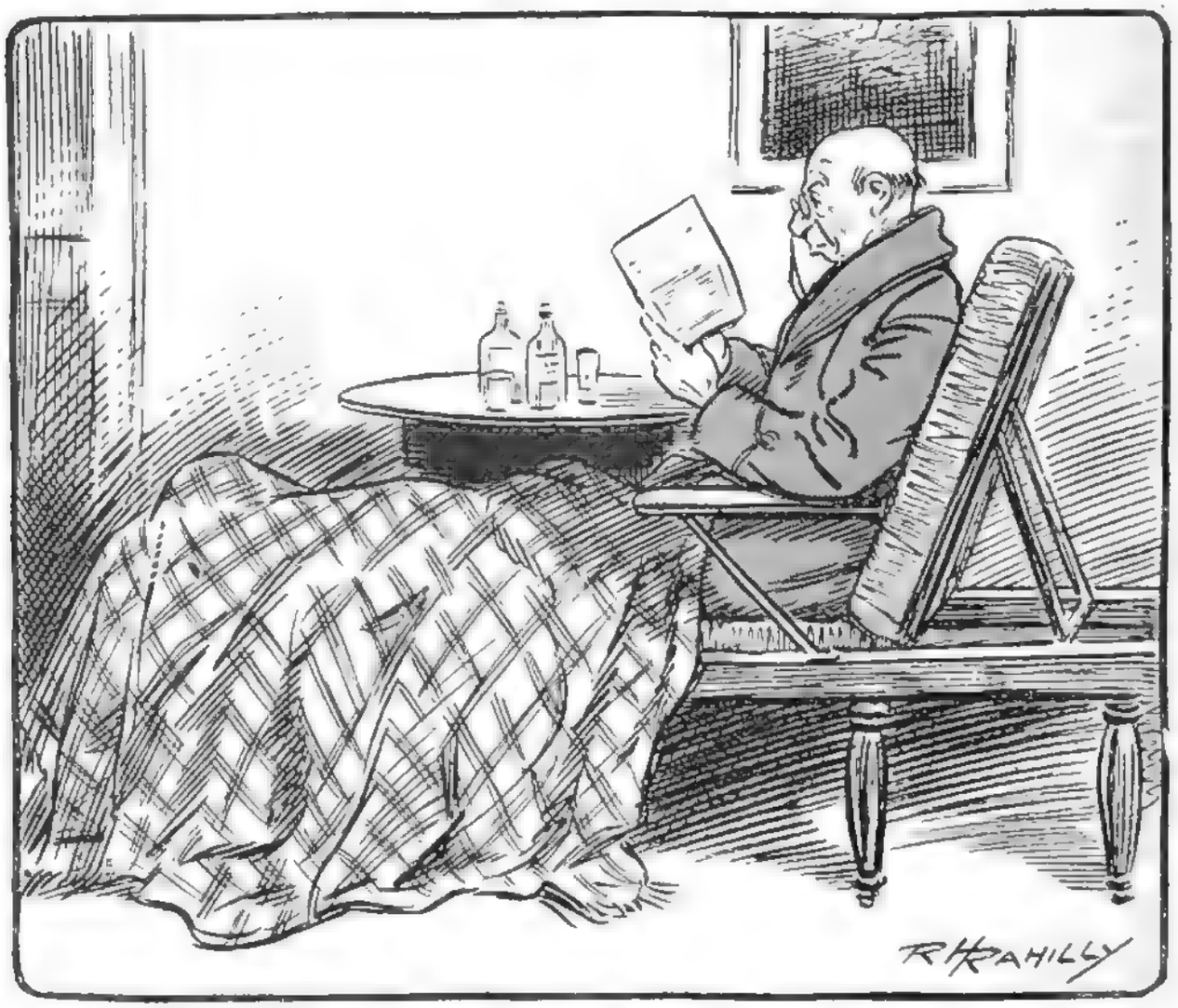
WHEN cold water (70° to 50° F.) is applied to the general surface of the body, the action of the perspiratory glands is instantly checked. The blood vessels are contracted, the skin becomes pale, and the blood is diverted to the internal portions of the body. The natural result is a cooling of the surface and a slight elevation of the temperature of the internal parts. Such a general application would be exceedingly dangerous were t not for the fact that the portal veins are capable of holding all the blood in the body; so that when the blood is prevented from entering the surface vessels, an outlet is found in the large veins of the abdomen. Were it not for this provision, cold applications would be likely to produce rupture of the delicate vessels of the brain, lungs, and other internal parts. Such accidents rarely happen, but there is a possibility that it may happen in certain diseased conditions, as in apoplexy, a state of the body in which the blood vessels have been narrowed and weakened. In such cases the inrush of blood following the application of cold water may be so rapid that a rupture of the blood vessels of the brain may occur before there has been time for compensation through the accumulation of blood in the abdominal veins.

If the cold application is relatively short, that is, if the application is interrupted before the subject has become thoroughly chilled and exhausted, the blood vessels of the skin soon become freely dilated, as shown by reddening of the surface. The skin is filled with blood which, as it flows into the surface vessels, gives rise to a very agreeable sensation of warmth. If the surface is quickly dried, rubbed, and covered, the reddening of the skin continues for a long time. This great movement of blood toward the skin is, of course, accompanied by a great diminution in the amount of blood in the brain, lungs, stomach, kidneys, and other deep-lying portions of the body.

There are other important effects which follow a general application of cold water to the surface, which should be noted.

The most important of these are fuller and deeper breathing, slower but stronger pulse, greater activity of the brain and nerves, increased strength and activity of the muscles, increased clearness of thought, and ability for mental application. In fact, the activity of every bodily function is increased. Every organ, every cell of the body works more vigorously and efficiently. The stomach is prepared to make more and better gastric juice, the liver does its work more readily and efficiently, the kidneys secrete more freely, the skin is more active, sensible perspiration sometimes occurring; all the vital machinery runs at a more active and energetic rate.

The natural consequences of this are a feeling of buoyancy, exhilaration, energy, and strength, increased appetite, increased power to digest, increased intestinal activity. These effects are truly wonderful and cannot be so fully produced by any drug known to man, nor by any other application than the general cold bath. These effects result, not from harmful stimulation, but through quickened activity of the forces by which the tide of life rises higher, the wheels of life run more smoothly, and all the life processes are facilitated.




*It's Never Too Late to Learn—The Benefits of Physical Culture.*

The effects of the cold bath are well recognised in our everyday experience. When one is exhausted with labour and heat, simple bathing of the face and hands brings great refreshment. An application made to the whole surface of the body operates in precisely the same way, only on a larger scale, since the surface to which application is made is so much

greater. The exciting effect of the cold bath is instantaneous. As soon as the cold water comes in contact with the millions of nerves distributed in the skin invigorating impulses are sent inward to the nerve centres from which these nerves arise, quickening their activity and setting into more active motion all the machinery of the body.

A cold bath influences to a remarkable degree the process of heat production in the body, increasing the amount of heat produced, and hence the rate at which the tissues are consumed to two or three times the normal amount during the application. When, however, a cold bath is continued for so long a time that the temperature of the blood is lowered, the production of heat is diminished through the cooling of the muscular tissues and of the parts which are active in heat production.

We may briefly summarise the effects of a general cold bath as follows :—

1. The brain and nerves are excited, and the mind rendered clear and buoyant.
2. The muscular system is energised, the power of the muscles being increased and movement made easier.
3. The heart's action is slowed and strengthened.
4. The breath is deeper and fuller.
5. The circulation in the skin is first lessened, then greatly increased by the return of blood to the surface on re-action.
6. Heat production is increased, and after re-action occurs, heat elimination is also increased, so that the normal balance is quickly regained.
7. A prolonged cold bath (5 to 15 minutes) lowers the temperature of the body by cooling the blood.
8. The general effect of a short cold bath (5 seconds to 2 or 3 minutes) is tonic and invigorating.
9. The general effect of a very prolonged cool or cold bath (5 to 30 minutes) is depressing.
10. The tonic effects of a short, cold bath depend upon the re-action of the body, while the depressing effects of a prolonged cold bath depend upon the abstraction of heat, the lowering of the temperature of the blood, and the exhaustion of the nerve centres upon which re-action depends.

The cold bath is one of the most valuable remedies known to man, but it must be administered skilfully as it may do harm as well as good. The cold bath should always be followed by a complete re-action. An incomplete re-action is indicated by headache, cold hands and feet, nervousness, chilliness, depression.

## Where Vegetarianism Fails.

[*The following article constitutes an admirable reply from the meat-eater's point of view to the article which recently appeared in these columns on the reasons in favour of a bloodless diet.*—THE EDITOR.]

VEGETARIANISM is a clean, fine thing—as a theory. Put into practice, it is a dangerous and weakening experiment for the city man, who has heavy tasks to perform daily, who has to think and act quickly. Vegetables contain potentially, without doubt, the food necessary for the maintenance of the human physical organism. So does raw soil, but we cannot live on it. The plant eater must consume large quantities of woody fibre to re-new his daily expenditure of vitality. His digestive apparatus is at once crowded by the change of diet into incessant activity to deal with the volume of plant food which is slow to disintegrate. The stomach is not designed on the plan of perpetual motion. It is not a spendthrift, and cannot handle a lavish income without calling for help. This is exactly what happens.

The other parts of the body dutifully respond. Vim is taken from the heart action. The energy which a man needs for brain force is divided. A portion rushes to the aid of the needy brother. Thus pure acumen—the actual fighting strength of the man, every grain of which is collateral in the life work—is used to shred the excess of plant timber.

### WHY IS A MAN DAINTY?

The result is inevitable. We have, each of us, our allotment of energy. The diet of plants breaks the balance of power. Zeal, ambition, character, all that makes the individual, is drawn upon in the frantic effort of assimilation. Early comes the leanness, which many people call the companion of perfect health, but

which is nothing more common outside of training circles, than a sign that all reserve force is used up. Then susceptibility to cold, painful sensitiveness to odours and sights of misery, nervousness, pallor. The desire at first vague, then constant and tangible, becomes manifest to hold oneself apart from men.

The vegetarian becomes dainty at the table. This pleases him, for he imagines that he is learning to curb the animal. He smiles at the cry everywhere heard nowadays: "We eat too much!" This does not apply to me, he thinks, and he is right. His nibbling is encouraged. He wonders why the voices of children distress him so. His wife wonders why he is not the same. He does not seem well to her, and yet he is taking "such splendid care of himself!"

Why is he dainty? Because his stomach has lost courage. It could not stand the pace and has quietly gone to the wall. It is no longer the infallible indicator of his bodily needs. It is too tired to desire. He is curbing the animal, indeed—starving it to death.

A man in this condition—and there are thousands in the country to-day—should go to a physician, and have his blood examined. If then he does not repair eagerly, as one who descries the fountain of youth ahead, to the nearest restaurant where steaks are served, it will be because he loves his convictions better than his health. The most effective way, adds *Science Siftings*, is to get a meat eater of good standing to accompany the vegetarian to the doctor's consulting-room, and have a drop of blood from the finger of each compared. The difference is startling.

The blood discs in the vegetarian's case move more slowly; they are fewer in number, less vivid and aggressive; they become still, and the drop itself congeals perceptibility quicker than is the case in the drop of the normally nourished man. When we consider that these blood-discs are the very substance of life, the experiment assumes a dramatic aspect.

### THE BEEF AND WATER CURE.

Here are a few facts! There is no danger from meat thoroughly cooked. Beef is a concentrated food, which digests easily—a stimulant without re-action. It is more than semi-digested plant growth—a product of one of Nature's secret processes. The famous Dr. Salisbury, whose cures are among the most extraordinary known to medical science, covering cancer, consumption, locomotor ataxia, and a host of blood poisons, achieved his results by putting his patients on a diet of beef, with copious draughts of hot water between meals. Re-build tissue and wash out the waste. It is true that a plant diet renders it easier for a man prone towards alcoholic excess to break his chains. The principle is that of the man who is disinclined to smoke because he is ill. Break your bodily strength and you break the weaknesses as well. Build your body and control it, is the saner, nobler way.

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## ANGLER AND SWIMMER.

THE following good fishing story comes from the *Cork County Eagle*. That journal relates how Dr. Levis, the Medical Officer of Durrus, co. Cork, essayed to land any swimmer in the river at that place in fifteen minutes. The challenge was taken up by Constable Kennedy, a member of the local police force and a swimming champion, who elected "to do the fish."

With a belt fastened across his shoulders, to which a salmon hook was fixed, Constable Kennedy took the water at high tide, Dr. Levis standing on the bank with the fishing rod to the line of which the hook was attached. The narrator then proceeds:

"Kennedy made off with a bold stroke for about ten yards, when pressure by the rod steadied him. Seeing he was making little or no progress, he dived, then turned on his back, but all to no purpose; the doctor held him fast. For two minutes there was no perceptible gain on either side. Owing to a slight hitch in the reel the line slackened, and he (Kennedy) gained fully twenty yards more, when he was again pulled up. He dived, turned and wriggled like an eel, but do what he would he could not gain another inch. He was now eleven minutes in the water, and being apparently 'pumped,' the doctor was slowly, but surely, bringing him to bank. After a short rest, during which he appeared to regain his wind, Kennedy dived, and on coming to the surface buried his head in the water and made off for all he was worth with a powerful trudgeon stroke. The doctor put on extra pressure, and the rod and line responded gamely. Thirteen minutes had now elapsed, and the doctor pulled till the rod and line creaked with the strain. But the tension was too great, and the line snapped, and after an exciting struggle of fourteen minutes in the water, Kennedy was declared a lucky winner, and was loudly cheered on coming ashore."

# WHY YOU OUGHT TO WALK.

By Edward Payson Weston.

*Although sixty-eight years old, Edward Payson Weston, the famous pedestrian, recently walked from Philadelphia to New York within twenty-four hours, making better time for the distance than he did when he covered the same route in 1863, at the age of twenty-five, and finishing without extraordinary fatigue. Mr. Weston explains the secret of this marvellous preservation of his youthful power and endurance, attributing it to moderation of habits and to constant training in pedestrianism alone. He does not believe in "training" as younger athletes understand the term—severe exercise and regimen to prepare one for a given event—but in keeping up condition at all times.*

*Mr. Weston's essay is a commendation of walking as the best possible exercise for young and old of both sexes.*

WALK out of your troubles or your troubles out of you. There is no malady of body or mind that you cannot walk away from. I ought to know, for walking has been my business my long life through, and I tell you it's true.

Not one person in ten has exercise enough. Inaction gives one the blues and a poor, weak stomach. The two together make bad nerves, bad tempers, and bad characters. Walking will cure all of these, and worse, if there is anything worse than a bad temper.

Any one can do it, short of actual cripples. There is no need of trying to do a long distance, although that is nothing to be afraid of. It's as good an exercise as there is, and it needs no preparation, no external aids. It's the first thing you learn to do as a child, and about the last thing you quit doing in old age. You won't get consumption, or influenza, or pneumonia, or any of the epidemics that are flying around if you do ten miles a day and every day, or as near that distance as you can find time for. It's a wise thing to make time for it.

I don't like to brag about myself, but in my sixty-ninth year I was strong enough to walk from Philadelphia to New York within twenty-four hours, covering a longer distance and making better time than I did forty-three years ago, when I was twenty-five years old. My ability to do that didn't just happen. I was fit or I would not have tried it. I am well and strong, in spite of my being beyond the age when Dr. Osler would chloroform us all. The day after this little jaunt I was as supple as any man of my age can ever expect to be, and a good deal spryer than many men I know who are twenty years younger. Not an ache nor a pain, only a big appetite for solid food to make up the five pounds I had walked off my lean old body. That day's work only reduced me from 142 to 137 pounds. The secret is, keep in condition all the time.

Still less than talking about myself do I like to preach temperance, but one of the doctors for whom I took this last walk in the interest of science told me that my doing it was worth a hundred temperance lectures or a hundred physicians' advice to let tobacco and alcohol alone. I don't put it exactly that way myself. I take a little drink once in a while—never over a bar and never more than one glass—just when I want it. I never was drunk in my life. As for tobacco, I never use it at all. People who drink and smoke are bad subjects for the doctors. Their medicine has no effect upon them—at least it hasn't all its effect. A drinking, tobacco-using patient "doesn't respond," as the doctors say, to the medicine they give. With me a glass of mineral water will cure a bad indigestion right away. That's because from my youth to this day I have walked ten, twenty or more miles every day, rain or shine, hot or cold. Walk, never drink a social glass, never treat or be treated,

eat regularly and moderately—I get along on two light meals a day—sleep six to eight hours regularly, and don't smoke. You'll live long, be healthy and happy.

A friend of mine, a professional man, ran into a heap of trouble. He lost his employment and income. He looked everywhere in vain for a niche in this world to fit into. One night he came to me and showed me a box. "That's my dinner to-night," he said, with the most sorrowful laugh I ever heard. I took the box. It was full of Paris green.

Said I to him: "You're too good a man for that. Will you do as I tell you this afternoon?" He said he might as well; wasn't going to eat that supper till supper time. So I took him to my house, got some clothes fit for a walk, made him put them on, and we started up town.

We walked a couple of miles and he began to give out, said he'd had enough, couldn't go on, was tired, feet were sore. I said: "Walk on some more and you won't notice it." Two miles further he was for giving up, but I urged him to keep on. We got up on Jerome Avenue, and I said: "Got enough?" "No," said he, "I feel better now; let's walk some more." He was dripping, but the smile had come back to his lip and the old glance to his eye. We walked to Yonkers. When we came back I had a fine, big beefsteak that would melt in your mouth and some other good things to eat. My friend said: "I'm glad to see that table, for I'm as hungry as a bear."

I got the little box, set it down in front of him and asked: "Now, which supper will you have, yours or mine?"

He threw the box away and ate and talked and laughed, went home and slept and was ready to face the world again. A few days after that I met him, happy as a boy. "I got a job the very next morning," he said.

Don't you believe that walk got him the job? I do. It enabled him to look straight into the man's eyes when he applied for it, and say, with confidence: "I can do your work; give it to me." Everybody knows that's how to get work. Nobody wants to hire a man who looks discouraged and incompetent.

Don't try to go too fast. Find a natural, easy gait and keep it going. Carry a stick. It's a help in more ways than one. Swing it as you go. Up comes your chin and your lungs fill. You wouldn't believe you could get so much good air into your lungs as you will have at the end of the first mile. Look about you. Enjoy whatever treat the eyes give you—scenery, people, houses, everything. There's no way to see the country as you do on a walking tour. The stick is of great value in going up hills. Rest it across your loins, in the hollow of your elbows, and climbing is as easy as walking on the level. I hate to go down hill; it's the hardest part of the journey. Often and often I go down hill backward to save the strength I would waste by pounding down the slope straight ahead. Once I scared a horse by that odd fashion of going and made him run away.

Heel and toe is the gait—not heavy on the heel and all the spring on the toes that you can get out of them.

Don't try to go too far at first. Two hours of steady, easy walking should carry you six to eight miles. Get used to it and you can make four miles an hour right along, up hill and down, for four or five hours without a stop.

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## Co-Operative Camping.

[*On several occasions recently I have referred to the "Welfare" work encouraged by the National Cash Register Co., of Dayton, Ohio. The firm is a model one in this respect, and the following account of the firm's annual holiday will be read with interest.*—THE EDITOR.]

MR. JOHN H. PATTERSON is well known in America as a model employer, and in many ways he has set an example by his treatment of the many workpeople engaged at his factory at Dayton, Ohio. Quite recently he undertook a novel tour in this country, travelling with family and servants on horseback from Edinburgh to London,

But whilst he was enjoying a holiday "on this side" Mr. Patterson did not forget his Dayton toilers. He, in fact, believes that fifty weeks' work a year is enough for anybody, and therefore shuts down business operations for a fortnight every August. This season 3000 people, all of them Mr. Patterson's employees or members of their families, spent ten days in camp on the shore of Lake Michigan, 200 miles from Dayton. The camp was managed by the Men's Welfare League, an organisation of the men workers of the factory, and through the economy of handling things on a big scale and the generosity of the proprietor in paying about 7s. toward the railway fare of each excursionist, the league was able to offer the advantages of the outing at 23s. per person. It was the biggest camp of its kind ever held, and afforded an object lesson in the co-operation of capital and labour.

The camp was located in a wooded valley near the lake shore. Here a few days before the arrival of the excursionists workmen set up the 1350 tents necessary to house the "Welfarers." A map of the place had been prepared long before, and tents had been assigned by number. The camp was laid out like a city, with a long street—National Avenue—running half a mile through the length of it, crossed by shorter streets numbering from first to fifty-fourth.

The city of Michigan made a number of concessions to get the campers to come to their town. They gave the camp grounds free, furnished power for electric lighting, and made the necessary water connections. A water-tap was fixed at every other corner along National Avenue, so that no camper had to walk further than two "blocks" to get his water. Tents and cots were rented by the League. All bedding and other tent furnishings the campers had to supply themselves. The baggage was collected two days before the excursion started, and when the campers reached their tents they found their trunks waiting for them.

A CO-OPERATIVE CAMPING PARTY.

To feed 3000 people out in the woods a long way from a base of supplies was a great task. It took sixty employees, working a majority of the hours in the twenty-four, to accomplish it. The commissary department made use of two large tents and a storehouse, in the cooking tent being six large ranges. The big dining tent seated 1000 people at a time. Every need of the campers was anticipated and provided for. There was a post office,

a telephone station, a laundry office, and a tailor's shop on the grounds, besides a doctor and nurses' tent, with a physician and two trained nurses in attendance.

Little children were well cared for. At one end of the camp there was a children's playground, with a huge sand-pile, the playground being equipped with swings and games, all in charge of a competent Kindergarten teacher. Parents could leave their children at the playground and feel sure they were being looked after.

The open air dancing platform was one of the most popular features of the camp. It accommodated 500 dancers at a time. With coloured electric lights festooned over the platform and among the trees, this open air ball-room presented a gay scene. The League band played twice daily for dancing. On Sunday there was a general religious service, with preaching, and a sacred concert by the band.

Freed from the necessity of cooking, washing dishes, and the other irksome duties of the ordinary camp, the excursionists had nothing to do but enjoy themselves. They did this from early morn until weariness drove them to bed. And they went back to Dayton all the healthier and happier for their model holiday.

## Fight Age with Exercise.

By G. Elliott Flint.

WHAT makes most persons old is the idea that they are old. A man is as old as he feels; because as he acts he is.

The belief that our activities should decrease as our years increase beyond middle age is of all false conceptions one of the most vicious. Nothing so hastens the infirmities of age as does a decreasing activity. Only when we cease to be active do we become truly old.

After middle age most men imagine that they are slowly losing strength; so they do less physical work and they eat less, thereby greatly accelerating their decline. For the ultimate effect of reducing our amount of food is to diminish appetite, and this hinders repair. And again, the less we exert ourselves the less are we inclined to exertion. This is the chief reason that men become corpulent, short winded, and progressively more helpless as they grow older.

Men fifty and sixty years old have asked me whether I thought they were too old to begin some regular course of exercise. I have answered, "No." When old men begin to exercise they develop almost as rapidly and just as surely as they would were they young men. Their muscles at first become sore, and the unaccustomed work causes breathlessness; then, after a time, their bodily strength increases and their wind improves. I have known men that at fifty were weak and in poor health to become within one year, through the proper kind and amount of exercise, athletic and robust.

Never think you are getting weak, and do not eat less because you imagine you require less. Exercise daily and eat at all times just as much as you wish. There will be a time, of course, when you will not be able to work as you once did, and when you will desire somewhat less food. Then be careful not to work beyond your strength, and to eat no more than your appetite demands. But this is not a new precept.

Nothing holds off old age like activity. And activity does more than this—it inhibits fatigue. Boys playing at baseball or at any exciting game do not soon tire. And when the mind is actively engaged it for a long time experiences no fatigue. In my own case I have noticed that if I sit around of an evening doing nothing or reading some dull book I quickly become so sleepy and tired that I am forced to go to bed. While, on the other hand, if I am engaged in some absorbing occupation —writing, for instance—I have no sensation of fatigue. In short, any man can work longer than he can loaf.

The toughness of old persons is hardly realised. Every one gasped when that wonderful old-time walker, Edward Payson Weston, at the age of sixty-eight, beat a record that he had made forty-three years ago. In 1863 he walked from Philadelphia to New York (96 miles) in 23 hours and 49 minutes. In 1906 he covered the same distance in 23 hours and 26 minutes. Weston is as good a walker at sixty-eight as he was at twenty-five

because he has always kept in trim. Had he imagined, as most men would, that his powers had waned, he would be what all are at his age—a "has-been."

There is a fire-horse in Brooklyn that is eighteen years old. He pulls, in company with two other horses, Engine No. 126, one of the busiest engines in the borough. He has pulled that engine for twelve years, and is now almost as good as he ever was. A horse at eighteen is about as old as a man is at seventy-eight. Think of a man seventy-eight doing proportionally as hard work as a horse does every day in a busy engine house! There are other old fire-horses that can be depended on to get there with their heavy engines, no matter how far off the fire may be; and, on a fourth alarm, they may have to run four miles at top speed.

One of the first principles in physiology is that function makes structure. And the structures stay so long as the functions demand them. If we would continue to do as we have done, even though we did not try to improve, we would lose not nearly so soon our strength, activity and health.

It is not old age that renders us incapable; it is the indolence that tempts to ease, whereby the functions are weakened and the structures disintegrated.

## Don't Sleep with your Face to the Window.

**We call Attention to a Mistake almost Universal.**

IN the bed-rooms of every hotel, and of almost every private house, the beds are so arranged that their occupants lie *FACING* the windows.

This is written to advise you to turn your bed around the other way, putting the head of the bed toward the window, and turning your eyes as you sleep away from the light.

You may possibly think this is a frivolous subject for an editorial column. If the advice be useful, we are content to have it seem frivolous.

The essential of health is deep, undisturbed sleep. Not every man who is sleeping gets the full benefit of his rest.

The light shining in his face every morning, while it may not actually awaken him, disturbs the quality of his sleep and destroys the benefit of the last hour. We have already explained to you that the last hour of sleep is the most important, since it is in that hour only that the brain gets its rest and its re-building.

Many people will say that the light does not shine in their eyes in the morning, because they darken their windows. That very fact makes it important for them to change their method of sleeping, in accordance with our advice.

If you darken your windows, it means, of course, that you keep out the air, as well as the morning sunlight. Many persons who would otherwise sleep in thoroughly ventilated rooms suffer at night from lack of air, simply to keep the light from their eyes. To improve their sleep, they cheat their sleep, they cheat their lungs.

The turning around of your bed with the head to the window not only makes it unnecessary to darken your windows; it also encourages you to leave the windows open in winter time and in windy weather, because the head of the bed acts as a screen, and shields you from the draught as you sleep.

When the bed happens to be a brass one, and to lack this advantage, a blanket or quilt can easily be thrown over the brass rods to keep the wind off. When the bed is a wooden one, the woman of the house may protest against turning it round, because many beds are roughly finished on the surface which is intended to go against the wall. But it is better to antagonise the æsthetic sentiments of women than to injure your health with imperfect sleep and impure air.

Try for a month the experiment that is suggested here. You will perhaps be surprised to hear that this small change in the arrangement of your room is certain to improve not only your sleep, and your general health through breathing, but also your digestion.

The process of digestion, as Dr. Reinle has discovered, is perfected only during sound sleep. Half of the troubles of human beings, the disordered systems, poor appetites, etc., are due to the imperfect sleep.

# HEALTH BY MEANS OF MENTAL CONTROL.

**Your Body should be Subservient to your Will.**

IF there were no other evidence that the time has arrived for a higher order of life, it would be sufficient to note the fact that every quality of mind that has been active in the animal and human organism is now being brought to ultimations in the various systems of culture, physical and mental, and the varied schools studying and working on the effect of the mind on the body; and yet, at best, none of these can do more than obtain a correct knowledge of the effect of certain mental states.

Although it is a truth not yet generally accepted, a little consideration of the subject must convince us of the fact that, without the mind, the physical organism is dead; and we observe at least two spheres of mind active in control of animal nature—one finding expression in reptile, bird, and beast, the other in human life. While many of us are not prepared to believe that animals think in the sense that men think, yet we must admit that they manifest a certain kind of thought. Every creature works for its own support, and there is undoubted intelligence shown by the bird in the building of its nest and caring for its young, by the bee in gathering honey and providing for the winter, and by the ant in the exhibition of its colonising instincts; we are told that the ants even keep slaves, and cows which they milk. All this is a manifestation of mind—a manifestation which may be followed through all grades of animate life down to the protozoa. Out of this realm of mind, whose activity is confined to the instincts of the physical body, has grown a reasoning intelligence, and that intelligence having obtained all that it possesses from the lower realm of mind, is inclined, in its more mature phase, to turn round, and, as it were, look back over the road by which it has come, to question each and every attitude, to trace out the connecting links between the higher and lower intelligence, and, in the examination of the lower phases of mind from which it has arisen, to discover the laws governing life, hoping thereby to become acquainted with the causes of failure, disappointments, sickness, sorrow and death.

The moth has not yet discovered that the light of fire will burn it, and consequently it rushes into the flame and is consumed. The higher order of animals have learned that fire will burn, that water will drown, that falling will injure or kill. Man has learned that many other things are sources of injury; but the majority of the race have still to learn that the violation of the law brings disease and death, that the keeping of the law will guarantee perpetual life, health, and peace. The faculty of preserving the body from the ravages of disease, is one of the most marked characteristics of the animal world and of human instinct, yet it is strange that so few of us intelligently recognise the basis upon which this faculty rests—which is that all life is a struggle, a combat, a perpetual resistance, and that this resistance, properly directed, is capable of overcoming all diseased conditions to which flesh is heir.

We see the animal world in constant effort to resist death and its influences, and we know also that the person who has the greatest amount of vitativeness instinct in his or her nature, is the one who preserves health and vigour the longest. This vitative instinct not only causes the individual to look with horror upon disease and death, but creates within him a hope, a conviction amounting to faith, that he will not be sick. If you wish to call forth the real thought upon which rests such a one's control of diseased states, say to him, "You don't look well this morning; are you sick?" and you will meet the almost excited reply, "Oh, no, I cannot be sick; I am perfectly well," and immediately he straightens up, an expression of firmness comes into his face, and there gathers around him the

appearance of the brave man who is prepared to meet and struggle with the enemy. The attitude of mind which arises and takes form within him is that of the unyielding determination, "I will not have anything the matter with me;" and as long as that firmness is maintained, there is no danger of illness. Illness attacks only the weak mind which surrenders the body to its ravages.

The work of the esoteric student is to take this thought and natural condition and carry it into the higher mentality, taking control of the physical forces and making his (or her) body that which he would have it. His attention is turned to the psychismic forces of other minds; he finds that, when he meets a diseased person, he begins to feel that he is diseased in like manner; if he meets condemnation and reproach, if only in the unuttered thought, he feels crushed and oppressed by it, and he soon learns that his only hope of existence lies in the ability to rise above and overcome such things. Thus is called out within him the I-can-and-I-will principle, and he is forced to examine into and give special attention to the mental states requisite to the overcoming of debilitating and depressing conditions; and in this way he discovers the necessity of the name Yahveh, "I will be what I will to be." There recurs to him a condition active within him as a child, when, in play with other children, he was continually creating and overcoming obstacles —one striving to do what the other could not. Thus the childish mind lays the foundation of that all-important faculty, faith, and an independent individuality which says, "If you cannot do it, I can."

But in the experience of the esoterist it is not necessary to create obstacles in order to overcome them—he finds them in his pathway, at every turn; and if he wishes to advance, to make progress, he must assume the attitude of the fearless warrior who, determined to conquer or die, goes forward to meet the enemy. In this mental attitude he cannot let the body down into a sleepy, dreamy, passive state, but learns not only to command it, but to hold it under control as an instrument of use. He learns to live, so to speak, in the mind, and when undesirable conditions creep over the physical body, he rises in the dignity and power of his mentality and repels them; he does not for a moment permit their existence in his organism. By the power of the conquering will he says to the infirmity, "You must go," and the will put into the word causes it to go. Thus he learns—from the experience forced upon him by the necessities of his attainment—that all is mind, and that he, the organic, thinking intelligence, must rise superior to all other forms of mind; and we are prepared to say that no man or woman will ever reach the high goal of attainment without thus having complete control of his or her own body.

One who talks of possessing these attainments and who has not perfect control of his physical organism, is like the soldier who boasts of his bravery, but trembles and runs away at the approach of the enemy. The words of the angel to John were, "He that overcometh shall inherit all things," and the esoterist must bear in mind that it is the overcoming which is of itself the attainment. Therefore a professed esoterist who is guilty of such weakness as to be sick, is an esoterist in name only, he has not made the first step in the line of attainment; for these attainments mean the meeting and conquering of many mightier adversaries than mere weakness of the physical body.

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### THE DUST "CURE."

"REFERRING to the statement made at a meeting of the Bermondsey Municipal Association, that dust has been advocated by doctors as a cure for disease, "Rieldas" writes: "Permit me to point out that some few years ago the Lewisham District Authorities, at considerable cost, established a dust destructor, and, for some reason, its use has been discontinued. By some arrangement between the Lewisham Council and the South-Eastern Railway Company, the transfer of all the refuse of the district from dustcarts into railway trucks, close to the up platform of the Catford Bridge Station, has been substituted, thus giving the passengers on that line a plentiful supply of dust and very questionable gases, greatly to their annoyance and alarm, as they are not as great believers in the opinions of the eminent physicians of 100 years ago as Mr. Hugh Colin Smith appears to be, and are not best pleased at having to pass through the Catford Bridge dustheap sanatorium established by the local authorities and the railway company free of cost."

# IN THE ARENA OF SPORT.

## WHAT IS JIU-JIUTSU?

THE London *Sun* published the following in its issue of September 18th :—

Yesterday we published an article from a contributor, "A. C. B.," asking "What is Jiu-Jiutsu?" in the course of which the writer stated, as an opinion, that nobody in this country knew; that such wrestlers as Taro Miyake and Yukio Tani, clever as they are, would, in their own country, possibly be regarded as having but an elementary knowledge of an art concerning which great secrecy is maintained in Japan. The article in question has evidently been widely read, and has drawn forth expressions of opinion which we think will greatly interest our readers.

For one, Mr. Charles Davies, who, it will be recollected, was concerned in the many matches that took place at the Lyceum Theatre, writes from Manchester :—

FOR AND AGAINST.

"I have read your correspondent A. C. B.'s article in to-day's *Sun*, and as I have had some experience in the management of the affairs of several Japanese wrestlers in England, I may be able to enlighten your correspondent to some small extent as to what jiu-jiutsu is. Jiu-jiutsu is not, as generally believed, Japanese wrestling. The Japs have a form of wrestling, 'sumo,' having much in common with our catch-as-catch-can, but having this difference, that the object of each wrestler is to hurl his opponent outside the bounds of a ring or enclosure. Jiu-jiutsu is a science that is jealously guarded by its exponents in Japan, and like in Masonry, initiates only learn the higher degrees under oath of secrecy. As to whether such exponents as Yukio Tani, Taro Miyake, Professor Uyinishi, and Diabutsu possess only a superficial knowledge of the science it would be very unfair to hazard an opinion; certain it is that the most experienced, persevering and doggedly determined exponents of the various European methods have so far been unable to stand against these little Japs. Tom Cannon, the famous Lancashire 'savage,' told me candidly that he would rather wrestle a bullock than Diabutsu, and I think he should know. As to Tani's manager showing your correspondent the Japanese neck hold, and it being similar to the catch-as-catch-can strangle hold, I think the gentleman was either hoaxing 'A. C. B.' or was ignorant of the Japanese neck hold. Let me just explain that the neck hold in Jiu-Jiutsu is brought about by the tightening of the jacket collar in such a way that great pressure is brought to bear upon the arteries conveying the blood to the brain, and the flow of blood ceases, rendering the person temporarily unconscious. This method is sometimes used, I am told, in minor surgical operations in Japan, instead of applying chloroform. In catch-as-catch-can there is no jacket, and the strangle hold is brought about by pressure on the throat, and not the neck, as in Jiu-Jiutsu."

Now, the writer of the foregoing was for some time manager for Diabutsu, one of the Japs in question, and his opinion is therefore worth consideration. It will be noted that in some particulars he endorses, and in others contradicts, our own correspondent's deductions.

A PERSONAL NOTE.

Mr. M. A. Grainger, manager of the Japanese School of Jiu-Jiutsu, 305, Oxford Circus, says :—"If the Roumanian gentleman of 18 stone is suffering from a feeling of disappointment because he failed to turn up at the Paragon last Friday evening, it is very easy for him to obtain relief. Mr. Tani would be charmed to meet him either in the course of his usual stage work or at a special match. As for your remarks on the Jiu-Jiutsu neck holds, I can only say that these holds are used a vast number of times (and with considerable vigour) in the course of daily instruction at this school, and neither pupils nor instructors can see any earthly reason why these holds should be singled out for unfavourable comment. The whole point and object of a Jiu-Jiutsu lock is to cause discomfort to the victim—discomfort that he cannot long endure. That is the only means by which a man is made to surrender—the only means of victory.

"I think it is generally understood among competent persons that the mysterious talk about the inner secrets of Jiu-Jiutsu is mostly bosh. I dare say there are inner secrets in cricket or rowing, and they do not worry the ordinary cricketer or oarsman. The 'superficial knowledge' with which Tani and Miyake are credited seems to be quite enough to gravel their opponents, and it is, at any rate, quite enough for the ordinary person who wants to play Jiu-Jiutsu as a fine athletic game."

So far, so good. But we fail to see that Mr. Grainger adduces any argument to prove that our contributor's view, to the effect that the so-called exponents of Jiu-Jiutsu in this country have only an elementary knowledge of the subject, is incorrect. Regarding "neck holds," and "strangle holds" he appears to endorse "A. C. B.'s" remarks. We have yet to learn that throttling is pleasant, whether it is called "strangling" or by some more euphonious name.

THE DIFFERENCE.

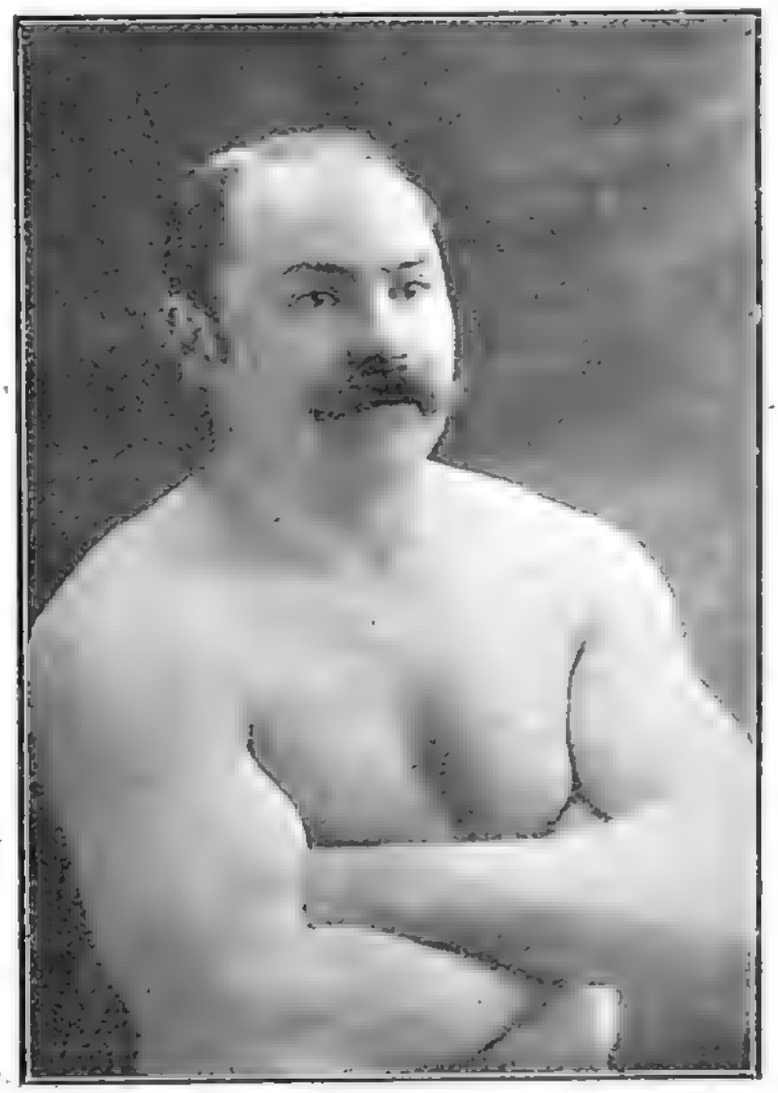
A spectator of the match at the Paragon last Friday night does draw a distinction (in words) between strangle and neck holds, but as we read his letter, the difference is more apparent than real. Thus :—

"The article in yesterday's *Sun* by 'A. C. B.,' on the recent wrestling match at the Paragon, will be a great enlightenment to a good many who were amongst the packed house that night. I was a witness of the match between Tani and Peter Gotz, and, like your correspondent, was both pleased and disappointed. I fully expected to see a modern Samson of the 18-20 stone class, but at the same time I greatly admired the

plucky fight Gotz made, who, though a good many present may not have been aware of it, was wrestling for the last minute or so with a practically useless arm. The regrettable behaviour of the audience in hissing was totally uncalled for, as I think I am right in saying that whatever injury Gotz sustained was due to his own dogged perseverance and not to any spiteful intent on Tani's part. I have wrestled with Tani myself and have never found him anything but a gentleman. Your correspondent concludes his article by saying that the neck holds employed by the Japs are the same as the strangle hold in catch-as-catch-can wrestling. This, I can say from experience, is not so, as in the case of the former the victim is rendered unconscious by pressure being brought to bear on the carotid artery. The 'strangle hold,' as employed in American catch-as-catch-can wrestling, is pressure on that part of the throat known as the 'Adam's apple,' which has in many cases resulted in death."

MIYAKE AND TANI.

As a wind-up, we may mention that Taro Miyake and Yukio Tani, the two exponents of Jiu-Jiutsu now appearing with so much success in this country, are the authors of a book entitled, "The Game of Jiu-Jiutsu." This contains a mass of directions as to how certain throws can be brought about, or avoided, many clever pictures thereon, and so forth; but there is not one word in it that tends to prove that our contributor was wrong in his assertion that the real Jiu-Jiutsu is a science known only to certain castes, and that those outside the pale have no opportunity of learning the whole secrets. Tani and Miyake are clever without doubt, but there will be many beside ourselves who hold that the real Jiu-Jiutsu is to them, as to all but the favoured classes of whom our contributor wrote, only a partially read book.



LOUIS BURGOINS (ROUMANIA),
*Who wants to meet Hackenschmidt. He is 18 stone weight, and 6 feet in height.*

## BIRMINGHAM AND BASEBALL.

IT is probable that an attempt will be made to start baseball in the Midlands next summer. A meeting recently held was attended by Messrs. Rinder and McGregor (Aston Villa), Jones (Birmingham), Keys and Everiss (West Bromwich Albion), while Wolverhampton Wanderers telegraphed that they were watching the proposal with interest. Mr. Cooke, of the British Baseball Association, was present. The idea is to have a league of four clubs in each important district in England, and play games in the evenings from six to eight. No professionals will be enrolled. Many Americans living in various centres would play.

## GOLFING SCRIBES.

BY permission of the Princes' Golf Club, the London Press Golfing Society's qualifying competition in connection with the annual tournament for the Challenge Cup, will be held on the links at Mitcham on Monday, October 1st.

## A UNIQUE RECORD.

APROPOS of the Cambridge and Harvard boat race Dr. Tamplin, a well known medical man of Ramsgate, saw the Oxford-Harvard race on the Thames thirty-seven years ago, in 1869. He was then accompanied by his brother, another gentleman, and the latter's wife. After the race the party of four separated, and never assembled together again until the day of the recent race, when all met in London, and once more witnessed Harvard's defeat.

# THE HORRORS OF SLEEPLESSNESS.

NO deprivation can possibly equa that of loss of sleep, so fraught is it with mental and physical exhaustion. Sleeplessness, or insomnia, is connected with a number of disorders, and may either be a symptom of disease well recognised or a temporary disturbance; but in all cases there is more or less congestion, or other disturbance of the blood circulation of the brain. In some forms of dyspepsia it is closely connected with hysteria and general nervousness. In such forms of wakefulness the patients are seized with sudden and voracious hunger, a sensation of gnawing at the pit of the stomach, and faintness. In other cases the sleep may be of such a character as to cause the individual to awaken in the morning quite unrefreshed.

IT IS HEAVY—

almost amounting to stupor—and disturbed by dreams. In other cases the patient lies awake for a long time after he retires, his brain being preternaturally active, and ideas are evolved with startling rapidity. The senses are acutely alive; every sound is exaggerated and distorted by the individual's excited imagination. The head is hot, the heart beats violently, the feet are cold, and he tosses from side to side. This form depends usually upon overwork and mental excitement. The impression of some disagreeable idea, or some anxious care, will cause such a person great misery. He starts violently, or awakens again and again. The stupid, heavy sleep previously spoken of depends usually upon a hearty meal taken just before going to bed. A close, badly aired room, or one in which the plumbing arrangements are bad, will produce wakefulness, and, as a result, a headache follows in the morning.

THERE ARE SOME PERSONS

who, though not suffering from actual wakefulness, complain that they "constantly dream," sleep very restlessly, and wake up unrefreshed after a night of general discomfort, sometimes attended by one or more attacks of nightmare. These conditions have been associated with dyspeptic or gouty symptoms, and have been observed also in patients suffering from chronic joint affections and sciatica, in which the local pain has not been sufficiently severe to inhibit sleep altogether.

In attempting to overcome the partial functional activity of the brain, which appears to exist with, and account for, this dream-laden, unrefreshing form of sleep, one has employed wet-packing abdominal compresses, cold bathing, elevation of the head by means of extra pillows, and the application of warmth to the extremities by means of hot bottles or bags, with very variable and, generally speaking, little success; but a hot bath, taken immediately before the time at which one wishes the patient to settle quietly for the night, has proved most valuable in producing a dreamless sleep, although not usually of longer duration than four hours without intermission, and sometimes followed by a period of great wakefulness, relieved only by a short morning doze; still, even where this somewhat uncomfortable vigil supervenes, the patient always feels more refreshed and happier the next day than after a long night of uneasy dreaming sleep.

VARIOUS FORMS OF TROUBLED SLEEP

connected with somnambulism and nightmare are too familiar to need description. Exposure to the sun during the day will often give rise to headache and sleeplessness, which are sometimes precursors of disease of the brain. In fact, if wakefulness is connected with other nervous symptoms which are manifested for some time, we have reason for alarm.

There is no rule which can be laid down as arbitrary regarding the amount of sleep required by any individual. Old people do not require as much as those of younger years, so it is a natural consequence to find that people of advanced life awaken at an early hour in the morning, while children whose nervous system is being developed must have ten or twelve hours' sound sleep.

As sleeplessness so often depends upon a congested condition of the brain, it will be well to examine into the causes of such

a condition. Mental labour has been spoken of as being a cause of this kind. In such cases work should be put aside an hour or two before bedtime and agreeable diversions resorted to. Sometimes when the individual has spent his time reading beneath a glaring gas jet which heats his head, it will be found that if he seeks a seat away from the light, or if he bathes his head in cold water, the evil consequences may be avoided. A brisk walk or gymnastic exercises of a moderate kind before bedtime will so equalise the blood pressure as to relieve the excited and congested brain. In some cases where there is excessive sluggishness of ideas, and stupidity lasting through the evening, a glass of ale or beer before retiring will secure refreshing sleep. Bad ventilation is a very important cause of sleeplessness, and the windows of the bed-room should be opened even if the room becomes cold. Hearty meals taken late in the day or at night cause, in some persons, a want of sleep, and therefore should be discontinued. In this connection, we would call attention to the pernicious habit of drinking sweet beverages or eating just before bedtime, so commonly and frequently indulged in by young persons and children. A cold bath is advised as a remedy which often accomplishes much good, and may be tried in some cases.

In conclusion, says *Health*, a word of caution must be given to those who resort to opium or morphine for the production of sleep. The pernicious effects which follow the habitual use of these drugs are deplorable. The "opium habit" is sure to be contracted in the majority of cases. Regulation of daily life, appetite, and digestion; exercise in fresh air and avoidance of excitement are, after all, the best safeguards against sleeplessness.

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### AN ONION'S GOOD POINTS.

THERE is much virtue in an onion. As a matter of fact, onions are really sweeteners of the breath after the local effects have passed away. Onions correct stomach disorders and carry off the accumulated poisons of the system. They provide a blood purifier that all may freely use. Eaten raw an onion will often check a cold in the head. One small onion eaten every night before retiring is a well known prescription for numerous affections of the head, and is highly recommended for sleeplessness.

## The Bath in the School.

**What is being Done on the Continent.**

WE must, presumably, reconcile ourselves to the fact that England is destined to remain some twenty or thirty years behind other nations in matters of education. It has been so in the past, and, judging by the surly grumbling over expenditure on schools, we are not likely in the near future to alter our ways. But it is, at any rate, useful for us to know what is being done on the Continent. We may still decide to be foolish, but at least our folly will be the folly of open eyes and not the folly of ignorance. We ought, therefore, to be grateful to Dr. Rose for his interesting pamphlet on the use of shower baths.

The regular practice of bodily cleanliness is the result of custom, or instruction, or both combined. No child is born with a sense of the necessity of the care of the skin, nor does it, later, develop this sense spontaneously. The minority who have been accustomed or trained in their youth to the habits of bodily cleanliness adhere to them throughout life. This power of adherence to a cleanly habit also applies to the unfortunate majority who have not been so accustomed or trained, and who cling tenaciously throughout their life to their uncleanly habits.

A habit is acquired by practice, and not by instruction. It was, therefore, felt that baths should be introduced into the elementary schools. Shower baths were the cheapest and the most effective, and at the present time "the shower bath system has been practically established all over the German Empire."

The shower baths are completely free, and no compulsion is used. Children of tender years are excluded, and no charge whatever is made for the baths. The bathing takes place during school hours, the principal work being performed by the school attendants, the duty of the teachers being merely that of maintaining discipline. In some cases difficulties on the part of the parents have been experienced, but these are being gradually overcome. The teachers are greatly in favour of school bathing, as it materially

betters the conditions under which they work. The average duration of a bath seems to be from twenty to thirty minutes, and the showers are generally started at about blood-heat, and gradually reduced to about 70 degrees. As a rule, the children stand in a large shallow trough during the douching operation, and the douching itself is carried on either by means of single sprays to each child or by sprays which cast the water further apart.

At the present time no new school is built in Germany without sufficient shower baths to allow every child to have one bath a week. Nor is Germany alone in carrying out this work, for most of the other countries on the Continent have followed her example. France, Belgium, Sweden, and Switzerland have for many years been active.

ENGLAND'S NEGLECT.

What has England, which is at least twice as wealthy as any of the countries just named, done in the direction of school baths? Dr. Rose has made careful inquiry of the different educational authorities. With one exception, no school possesses a shower bath. The sole provision in England and Scotland is to be found in an installation of four douches in a London school. But even here the cost of the installation was defrayed by a private individual. The headmaster of the school in question "bears eloquent testimony to the benefits it has conferred upon the poorer class of children who attend the school."

Some 6000 or 7000 baths a year represent the total activity in this direction of the whole of Great Britain. The town of Munich alone gave 1,000,000 baths during 1905. If anything could raise a blush on the stolid front of the British Councillor, surely these figures should be competent to perform this heroic task.

But, it will be said, surely we have our swimming baths, and surely this is the same thing. Now, as Dr. Rose rightly points out, this is not the same thing. Swimming is doubtless a very excellent form of exercise, and should be learned by all; but its cleansing capacity is slight. Indeed, to judge from some of his descriptions of baths he has visited, the children frequently emerge from the bath dirtier than when they went in. They do not wash before they enter the water; douches are occasionally provided, but are seldom used.

I know of one bath in London, says a writer in the *Daily News*, which is fitted with a steam pipe perforated with holes placed about an inch above the surface of the water at one end of the bath. The object of this pipe is at stated times to blow off the scum to the opposite end of the bath for purposes of removal. At another bath a long wooden pole was provided, and was dragged across the surface of the water to collect the scum.

Practices of this kind do not make for cleanliness, while a system of douches in the schools would render unnecessary "this interesting application of perverse ingenuity."

THE COST OF BATHS.

If we are to keep abreast of educational progress, if we are to cultivate in our children that habit of cleanliness whose neglect is responsible for an incalculable amount of misery, it is clear that we must follow in the footsteps of our neighbours across the sea. But what will be the cost of providing each child with a bath a week?

Dr. Rose has made the calculation:

At the present time there are some 495,000 children and 265,000 infants in the London elementary schools. The former alone are to be taken into account, as it would probably be advisable to exclude infants. Of the 495,000 children, about 30 per cent. must be deducted in the case of children whose parents do not wish them to bathe, or who are forbidden to bathe on account of their health, or who possess ample bathing facilities elsewhere. This leaves, then, some 345,000 children to be dealt with. On the basis of 3500 children, or, roughly, of ten or twelve schools, to one shower bath centre, about 100 centres, costing £235,000, would be necessary. Further expenditure for bathing garments, towels, etc., will bring the total capital expenditure to £240,000. The expenditure for maintenance for each centre would scarcely be less than £500 per annum, for an attendant, laundress, water, coal, repairs, etc. This would give £50,000 annually for the 100 centres. This sum, together with the interest on

capital expenditure, would give, roughly, an annual increase of £60,000 on the education account. It would provide all eligible children in the London elementary schools with one bath per week at the cost of about a penny per bath. The total annual number of baths given would amount to something like fifteen millions.

In other words, this great reform could be carried out at an ultimate cost which would not exceed one-third of a penny rate. The County Council elections are near upon us, and we seem disposed to quarrel about the authority which shall rule the schools. Might it not be well to drop our quarrels and think a little more about the children and their urgent needs? We can heartily recommend Dr. Rose's pamphlets to all who care for this not unimportant department of education.

## An Impression of Braid.

THE writer of that delightful column entitled "Sub Rosa" in the *Morning Leader*, has confessed that, in his total ignorance of golf, he has seldom watched a player without feeling that he could give him a stroke a hole and beat him handsomely. That was before he saw James Braid, however, and now he thinks otherwise. This is what he says:—

"On Tuesday last I watched a man whose real play made me doubt whether I could beat him even in imagination. I might, perhaps, in the delirium of a nightmare picture myself as halving a match with him, but that would be my limit. I refer to Braid—it would be impertinence to call him Mr. Braid, or J. Braid, or indeed anything but BRAID. It was at Walton Heath that I saw this monarch of the royal and ancient game driving and putting with all the ease of conscious power. They used to say that Mr. Gladstone showed his greatness in his mistakes as much as in his triumphs. There was a touch of genius in his blunders—and so I imagine that if Braid really made up his mind to foozle a shot it would be the most superb specimen of foozlement (if there be such a word) known in the history of man and golf.

"It was a great moment when I first gazed upon this champion of champions—a quiet man withal, and, of course, a Scot. He was going to play the best ball of two gentlemen well known to myself, whose names out of pity for them I will conceal. They are among the champion golfers of the Press Gallery. Many a time I have witnessed their hauteur in regard to players with a handicap of 12 or 14. Nay, I believe one of them was mixed up with a disgraceful incident when my name was (without my knowledge or consent) put up as a member of a golf club, and my handicap was announced as 50. This was to humiliate me—and so I watched the proceedings on Tuesday last with considerable complacency.

"I understand that Braid's handicap is 'plus 14'! I gasped when I heard this stupendous fact, and I felt proud that I was allowed to walk round with such a hero. The reader may ask what Braid gave my friends to make the play anything like equal, and so I may explain that what he did not give them was a ghost of a chance, and what he most certainly did give them was a remarkable licking. How I wished some of my humble 15 or 20 handicap friends could have been there to see how vain are the attempts of ordinary man against such a master of the game.

"One thing I learned early in the proceedings, and that is that Braid does not rely upon language as an aid to golf. Not long ago I wrote about the antics of a certain Member of Parliament on the Sheringham Links—how at one time he raved and stormed, while anon his laughs and songs of triumph could be heard by the mariner labouring far out at sea. Now it happened that Braid on Tuesday landed his ball more than once in a terrible bunker. It is my private opinion that he did it on purpose, for I am firmly convinced that he could hole in one from any tee in the world if he liked. And he not only drove into a bunker, but he took two to get out again. I was close by, and I listened for the usual explosion.

"He said not a word—there was a whispered 'T-t-t' as he knocked up a cloud of sand, and that was all. In my innocence I had thought that the champion would have made champion observations, would have said something memorable, something that would have filled

my legislative friend with admiring despair, and would have beggared the vocabulary of the Press Gallery, a vocabulary which is rich and rare. But no, his lips were not inclined to use those too familiar words. He chopped the ball out of the sand at the second attempt, and he laid it dead, as the phrase is.

"There was a fascination in watching such play, for it seems uncanny, as if not quite human. 'There is no good in arguing with the inevitable,' says Lowell, and it is surely futile to stand up against Braid on the golf links, for there he is as inevitable as fate.

"'There is no armour against fate,
Death lays his icy hand on kings,'

and in the same way Braid lays the ball dead whenever he 'feels dispoged.' And yet so lawless is imagination that I fancied myself instructing the champion, giving him useful little hints as to form, telling him how to hold his driver, or warning him against drooping the left shoulder too much. I wonder what he would have said if I had stepped forward at a critical moment and remarked pleasantly, 'Braid, my boy, I fear you are off your game—just let me show you how the thing ought to be done.' I suppose I might have been pursued by wild caddies, and buried in a dishonoured bunker."

## The Reform of the Public-House.

**More Open Air Games Required.**

THE reform of the public-house has been for some years an object of experiment. To attempt to abolish it is useless; but much can be done by altering its nature.

Lord Rothschild and the Hertfordshire Public-house Trust have recently opened a new house at Tring, which is conducted on reformed principles. The chief aim is to provide food and non-alcoholic drinks as well as alcoholics, and the managers receive commission on all commodities except alcohol. Indeed, food and non-alcoholics are sold in the tap-room at practically cost price, and, moreover there is no attempt to make a large profit. Surplus profits over 5 per cent,. when earned, are to be devoted to objects of public utility and local charities.

The hotel at Tring is almost luxuriously furnished. The smoke-room is half-wainscoted in oak with a ceiling of heavy oak beams, and is lighted with delicately shaded lights. A pianola in the tap-room near by plays excellent music. The floors are carpeted, and the lounges padded as luxuriously as those of a London club.

The hotel section is intended for the accommodation of visitors desirous of making a prolonged stay in the Tring district, and is capable through the limited profit system of giving the luxury of modern hotels at a very moderate inclusive cost.

The Games Club is the initial step to what might be a general reform of public-houses throughout the country. The scheme includes every kind of game for all seasons, all weathers, and all people. The worst feature of the public-house during recent years is that it has become divorced from all sports and games. The tendency has been to simply sit in a crowded tap-room and drink. At the Tring Hotel the "toper" is not encouraged.

A large covered court has been built for the game of squash-racquets; a large hall has been fitted for the game of Badminton. A large bowling green is already worn almost bare by the nightly play. Tennis can be played all the year round on an asphalt court, which has been laid down beside the bowling green. Moreover, there is a croquet lawn.

For this Games Club the annual subscription to residents is 5s. a year, and for the people in Tring 10s. They are entitled to play everything entirely free except tennis, for which they can hire the set of balls at about fourpence an hour. In addition, by arrangement with local clubs, members can play cricket, hockey, football, and lawn tennis on the various grounds, and may have rifle practice on a miniature, and also a thousand-yards shooting range.

Every evening and Saturday afternoon the courts are crowded. There is always someone waiting to play racquets or tennis, till it is too dark to see the balls. Then one can adjourn to play Badminton or billiards by artificial light.

Everyone is encouraged to do or play

something. In the market-room a billiard board is going all day and every evening, and any occupant is at liberty to use it free of cost. It is curious to enter and see steaming cups and food on the tables, as well as the ordinary glasses of a tap-room, and working men vigorously playing.

Moreover, adds the *Daily Mail*, though at first village people were inclined to be shy of a trust public-house, they have very rapidly appreciated its benefits. In the two or three inns in Hertfordshire, of which this is the largest, some very good results are being achieved. Takings are everywhere improving, non-alcoholic increasing in an immense proportion to the alcoholic. Village life is becoming more healthy and sociable, and gambling has not resulted from the institution of games. Moreover, though many tied houses are unable to make a profit, these houses, even at a rack-rent, show more than a germ of profit-making.

Another step in the reform of the public-house lies in the provision that, although alcoholic drinking is not encouraged, all spirits and beer provided are of the best quality.

## FIERCE BOXING CONTEST.

JOE GANS *v.* BATTLING NELSON.

AFTER one of the fiercest and most vicious battles in the history of pugilism, Joe Gans, the American negro fighter, beat Battling Nelson, the Danish-American, and became unquestionably light-weight champion of the world. This contest had provoked extraordinary interest from the Atlantic to the Pacific, and in every city, town, and village of the United States vast crowds assembled outside the newspaper offices reading the progress of the fight, in the same way as crowds in London wait upon election results.

It was not the greatest fight of the century, far from it, but the records of the two men were such that the athletic club of the little mining camp of Goldfield, Nevada, willingly guaranteed £6000 as prize money. There was a special amphitheatre to hold 8000 spectators, and a light railway was specially constructed for a distance of a dozen miles to connect it with the nearest railway station. For weeks the papers have described the training of the two men, and to-day serious journals devote half a dozen columns to a telegraphic description of the actual combat. What further evidence is required that the average American, like the average Britisher, dearly loves a fight? And in this Gans-Nelson affair it was known in advance that there would be a fight to a finish and "no faking." The miners of Goldfield Camp are a determined set of fellows, who go about with revolvers in their hip-pockets, and in arranging the match they insisted upon no half-measures. To tell the truth, so far as Gans was concerned, everybody knew that his dearest wish was to meet Nelson, whose record for endurance is world-wide. It was Nelson who beat Jimmy Britt, whose greatest achievement in recent years was the defeat of Jabez White, the English light-weight champion. President Roosevelt himself had been invited to witness the encounter, but was engaged on the more important business of reviewing the greatest American fleet of battleships ever assembled. Young Theodore Roosevelt, the eldest son of the President, was there, however, a keen, intelligent spectator. One grieves to add that some two hundred ladies, mostly belonging to Goldfield, also attended. The prices of seats in the open air arena ranged from £1 to £10, and it is estimated that something like £200,000 was wagered on the event throughout the country.

The fight was under the Queensberry rules, but an eighteen instead of a twenty-four foot ring was erected, roped off in the centre of the spacious arena. As the clever and resourceful fighter, Gans, who looks a smaller man than his redoubtable opponent, had a splendid record. The only thing against him was his colour, and the negro, in order to get a fight with Nelson, who, until recently, was considered invincible, was obliged to make many sacrifices in regard to weight and other conditions. For example, the negro had to agree, regardless of the result of the fight, whether win, loose, or draw, to give £4000 out of the purse to Nelson, retaining only £2000 for himself. Needless to say every dark-skinned inhabitant of the 10,000,000 in the States was with Gans, but amongst the whites who knew the negro's honest career in the ring, and disliked the sharp dictatorial tactics of Nelson's manager, sympathy was pretty fairly divided. The betting was 10 to 6 in favour of Gans.

Although the fight was among the fiercest in fistic history, it was from the sportsmen's point of view thoroughly unsatisfactory. After the tenth round the contest developed into a holding-on game, with occasional flashes of fast fighting, and finally, in the forty-second round, Nelson, to his everlasting discredit, deliberately struck the negro in the groin, the latter being adjudged winner on the foul.

Nelson first pursued aggressive tactics with his head bent low and his right and left trying in vain to reach Gan's head and body. In all the rallies Gans had much the better of the exchanges, chopping the face of the Dane with continual left jabs, alternating occasionally with lightning-like rights. Before the end of the third round Gans had Nelson in distress, and forced the Dane to come to close quarters, in which position he used his head against the negro's chin in spite of the continual warnings of the referee. Gans was forced to meet the Dane at his own game, and round after round passed without any decisive incident.

In the eighteenth, twenty-fourth, and thirty-second rounds, Nelson delivered blows palpably

below the belt, but as no damage seemed to result the referee ignored them. It was soon seen that Gans was much the better man, and but for Nelson's unfair practices he would have within a dozen rounds proved the conqueror beyond question. Whenever the negro got free of the clutches of the Dane and had a chance to box he cut Nelson to ribbons.

Gans in many ways put up a remarkable fight, and his endurance surprised everyone. His work was all the more wonderful when it is known that in the thirty-third round he broke his right hand, and never after that did he strike a blow with it. With the exception of a few short-arm jolts while clinching he did all his work with his left hand. Gans fought a remarkably clean fight. He was fair in everything, and twice when he knocked Nelson down he picked him up. At one time when one of Gans's punches knocked Nelson through the ropes Gans picked him up and helped him to his feet. As the negro stood with his hands down waiting for Nelson to steady himself, Nelson gave him a vicious blow in the stomach.

After receiving the brutal thrust in the groin, Gans, who had universal sympathy with him, was carried out, while Nelson, who had committed a deliberate foul, rather than suffer the ignominy of a knockout, slunk away, amid a storm of hissing.

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There are hermit souls that live withdrawn
In the place of their self-content;
There are souls like stars, that dwell apart,
In a fellowless firmament;
There are pioneer souls that blaze their paths
Where highways never ran.
But let me live by the side of the road,
And be a friend to man.

I see from my house by the side of the road,
By the side of the highway of life,
The men who press with the ardour of hope,
The men who are faint with the strife.
But I turn not away from their smiles nor their tears,—
Both parts of an infinite plan,—
Let me live in my house by the side of the road,
And be a friend to man.

I know there are brook-gladdened meadows ahead,
And mountains of wearisome height,
That the road passes on thro' the long afternoon,
And stretches away to the night.
But still I rejoice when the travellers rejoice,
And weep with the strangers that moan,
Nor live in my house by the side of the road,
Like a man who dwells alone.

Let me live in my house by the side of the road
Where the race of men go by,
They are good, they are bad, they are weak, they are strong,
Wise, foolish. So am I.
Then why should I sit in the scorner's seat
Or hurl the cynic's ban?
Let me live in my house by the side of the road,
And be a friend to man.

## Physical Culture for Women.

**By Eustace Miles.**

[*The following letter from the pen of Mr. Eustace Miles appeared recently in the* DAILY CHRONICLE, *and deals sensibly with the question of physical training for women.* —THE EDITOR.]

SIR—There is a great deal of truth in "Moderation's" letter, in which he says that excessive devotion to sport prevents many women from helping men, first, because it unfits women for household duties and motherhood; secondly, because it strains them physically. "Moderation" aptly quotes examples of physical feats which, even it producing no injury in the case of the few who are abnormally strong and healthy, would be bad for ordinary women to emulate—feats of swimming, hard lawn tennis matches, etc.

Now, in a discussion of this sort we must put exceptions aside, and speak of general effects on girls as they are. I will take two examples from existing institutions in which the large numbers of girls enable one to arrive at a more general conclusion.

The first is an educational establishment which apes a neighbouring university—apes its games as well as its (for the most part sterile) subjects and methods of instruction. The young women who have been through the curriculum are, on the whole, not well fitted for the duties of domestic life and motherhood. Nay, more. Many become teachers, and believe they are not fitted for the duties of teaching unless they are also fitted in the above respects. This case would seem to support "Moderation's" plea that men's games make women unsuited for their future life. And I think it must be admitted by the most uncritical observer that the curriculum does not tend to make the young women either tender or graceful or practical.

### TEACHING FAIR PLAY.

But I would urge three points on the other side.

1.—These young women owe to their games no small measure of physical health. I think that, although they play both hockey and cricket and have lawn tennis tournaments, they seldom become physi-

cally unfit—at least as compared with the average domestic mother.

2.—They owe to their games a spirit of fair play somewhat rare among women.

And this, in spite of the fact that the games are not, as in some American colleges, well prepared for, well taught, nor (with the exception of lawn tennis) sensibly adapted to the needs of young women.

3.—The young women owe their undomestic tendency, their unwillingness to settle down to the apparently dull and tiresome and petty routine of domestic life and the cares of motherhood, not to their games but to their work. It is the aping of men's classical and mathematical and scientific and headwork (bad enough for most men, but worse for women), and men's methods of teaching and examining, that unfits these young women. They have an idea that they are too cultured to do useful work.

FRANK GOTCH.

The famous American wrestler declares that wrestling is a more severe test of endurance than boxing, but the report of the recent terrible fight in America somewhat discounts this statement.

The second case is that of a certain school for younger girls. These girls have their games, well prepared for and well adapted to their needs. Cases of strain or nervous disorders are almost unknown. The girls owe to their games not only much of their physical fitness, but also a spirit of sportsman-like fair play that taboos cheating, meanness, and vinegary pettiness.

Meanwhile the girls learn a certain amount of domestic work—the work of household servants, including cookery of a sort (a poor sort, but orthodox), and household management. They come out of the school not only healthy in body and mind, but also well suited for domestic life and—partly because she understands and plays games—the management of children. Unlike the "college" young woman, she is able to take her turn at nursing, from which she does not fly as from a plague. She has enough culture to serve as a foundation for self-culture afterwards.

Men seek wives after strange fashions—now and then in the hockey field, or the lawn tennis court, not infrequently in the ball-room or behind the stage or the bar! But the woman who can play a decent game, and yet is at home in her home, and cultured enough to sympathise with an "educated" man, and practical and business-like enough to help him in his business—she is fitted for her after-life, even if she never marries. She makes an excellent sister or aunt.

ORGANISATION OF GAMES.

Now, what I should suggest would be not the abolition of games, which are so valuable, even if they are sometimes (as are business, domesticity, culture, teaching, etc.), carried to excess, but first of all gradual physical culture by experts who will attend with some care to individual cases), and especially physical culture to prepare for games and make them both enjoyable and safe; secondly, games, well organised and, when it is necessary, adapted: cricket, for example, certainly needs to be adapted, and should include left-handed play. Thirdly, work: some for discipline, some for culture, some for business, some for domestic life, including cookery, housemaid's work, needlework, and nursing.

Such physical culture would not unfit for anything except unhealthiness—which should be generally regarded (as in Japan) as rather a disgrace. It would, as all healthy things do, fit for motherhood.

# READERS' CLUB.

President - - EUGEN SANDOW.

*Motto:*—One may help Many.

**For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.**

**Readers are expected to act up to the Club Motto, and for services rendered the President will award to the reader of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.**

### New Zealander's Experience.

Auckland, N.Z.

SIR,—I have just finished devouring the contents of your most interesting magazine of May 24th, this being the latest number to reach us here; and after reading through your readers' experiences I think it would be unfair on my part not to give you a word or two of praise for the valuable work you are accomplishing everywhere. Myself, I have been a reader of your magazine and a close devotee of your system for the past three years, and I am only too pleased to say that the efforts and enthusiasm I have exerted have not been misplaced. Like many of your admiring followers, I was not much, physically or constitutionally, before taking up physical culture, never knowing what it was to enjoy a game of football or any athletic pastime; but now I not only enjoy athletic pastimes, but I have learnt that the problem of good health (an easy one) once solved is easily kept, many thanks to you. I have induced many of my friends, including ladies, to take up physical culture. A few made spasmodic attempts, but the majority have survived the ordeal, and have come through with smiling faces. Our population here is a fairly healthy one, and athletic pastime is plentiful.

EDWARD ROSKRUGE.

### For Pianists and Organists.

Moreton-in-Marsh.

SIR,—I am writing to call the attention of the pianists and organists amongst your readers to the article on "Physical Culture" for the hands, which appeared in the issue for July 12th, 1906. If these instructions are followed, they will prove to be very beneficial. The fingers will become much more flexible, the wrist freer and stronger, and altogether the hands and wrists will improve very much. I also wish to add my testimonial to the long list already published in the S.M.R.C., of those who have been restored to health, through the practice of physical culture.

When I commenced in March last with exerciser and dumb-bells, I was in a very weak and anæmic condition, and although I cannot boast of any very great strength at present, I have made wonderful improvement in health, and am very much better and stronger.

GEORGE E. BEICHER.

### His Friends Envious.

Rotherham.

SIR,—About six months ago I purchased your magazine. This was the first time I had seen it, and after reading the same through I was so delighted, I told my newsagent to deliver it weekly. It has been the means of making me a thorough physical culturist. I have bought a pair of dumb-bells, and I practise every morning and evening. I have improved so much by systematic exercising, and following the useful hints which appear in your magazine, that whereas formerly I would crawl over fences in the fields I can now leap over them with ease to the great surprise of my friends, who have seen me down with nervous debility for the last twelve months. I have been under medical treatment, but have not derived much benefit, and until I came across your magazine I did not know that physical culture was the cure for my complaint. Formerly when passing under trees I would imagine they were falling on me, but I have dispelled this silly notion, by following up your instruction. The muscles of my arms and chest have improved to such an extent, and my nerves are so much stronger, that I can catch hold of an overhanging bough and pull myself on to the same and enjoy the climb. I am already making my friends envious of my improving strength, and those who laughed at my determination to follow your valuable hints are now asking me for instructions, seeing that my perseverance and patience are at last being rewarded. I gladly show and explain to them, for by so doing I am acting up to the club motto, "One may help many."

HAROLD C. APPLEBY.

### Once a Weakling.

Seedley, Manchester.

SIR,—While looking through your excellent magazine a few days ago, I became interested in the Readers' Club, and the motto touched my fancy, for that has been my motto for years. I will relate to you my experience of physical culture. For the first seventeen years of my life I was a weakling, suffering year after year with bronchitis and inflammation of the lungs, especially in damp and foggy weather, until at length it developed into consumption. At

17½ years old I broke three blood vessels in the chest, and the doctors gave me up, saying I could not live above six months, as I was wasting away fast. I was also an out patient at the Manchester Consumption Hospital, where I had my throat operated on four times. While going there I was weighed every week, my top weight being 6 st. 10 lbs., overcoat and all clothes included (which would be about 5st. 8 lbs. stripped). One doctor advised me to take a little exercise, so I took his advice, and bought a pair of 1½ lbs. dumb-bells and a Whiteley's exerciser, doing nothing but chest exercise at first. My chest measuring only 27 ins., I can assure you I was only a living skeleton. After six months' training my chest was 31 ins., yet I felt the effects of my old complaint, so I wrote to you for advice, and your answer was "Bronchitis cannot be cured in a few months, but *if* you persevere it will be absolutely safe to say you will be entirely cured by next year." That answer put new life in me. I set to work again, buying more appliances, with the result that I have never been troubled since, and further proof, I have given displays at concerts in the form of weight lifting, club swinging, and physical drill. At one place where I gave an exhibition I was described as the "local Sandow." I have also trained several classes under the Sandow System at different clubs and schools in the district, and for the love of the game I will willingly instruct any club or school (locally) gratis if required, on the Sandow or other systems; so if there are any club members in Seedley or district I will be pleased to meet them.

WALTER H. DICKINSON.

THE MCLARENS.

*Three Splendidly Proportioned Youths who hail from Peckham.*

### Forming a School.

Gillingham.

SIR,—I wonder whether it will in any way relieve you of the monotony of replying to an oft-repeated inquiry concerning the formation of a Physical Culture School if I give in brief detail the most effective and inexpensive method adopted by myself in largely swelling membership of my own? Perhaps I may claim originality, yet possibly others have acted similarly. This, in simple, unchosen words, is what I have done. I set forth equipped with paper and pencil, keeping my eyes, so to speak, everywhere. Then, immediately a young man, youth or boy emerges from or enters a house, the address is quickly dotted down. At the end of a day I am confronted with a really long list of addresses. Then comes further clerical work, performed in manner following: A local directory is requisitioned, and this side by side with my list, enables me to direct envelopes to stated tenants. It is of much importance to add the words, "Or Present Occupier," as one or more changes in the occupancy of residences may have taken place since the directory was compiled, and it would be a pity to have the communications returned marked "Gone Away," or "Not known at No. So-and-So." The persons we want to get at are the parents of the young men already referred to. The envelopes should contain a short letter as introduction, and be accompanied by such other literature as, I presume, all promoters of a school are accustomed to distribute. I would refer your readers to my own circular letter and abridged prospectus, which you kindly published and commented

upon in your issue of July 5th, believing this will serve as a guide.

The method will call forth many replies, which must be followed up with interviews in order to close with the prospective members. A like procedure should be the rule when no reply has been elicited from an addressee. I have found the results quite amazing.

HENRY S. HOPKINS.

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### Indigestion Cured.

Armley, Leeds.

SIR,—Being a reader of your weekly magazine, and one who has derived great benefit from your system of physical culture, I think it is my duty to say a word or two to your Readers' Club. When I started physical culture I suffered very much from indigestion, but after about three months of your exercises for this complaint I was completely cured.

FRED. ROBERTS.

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### Remarkable Recovery.

Colchester.

SIR,—At the age of sixteen I commenced work at a foundry. Everybody in the shop thought I was too lazy or tired to work; but it was really due to my ailment. It was impossible for me to do any manual labour, however slight. I was a bore to the shop, and to top it I suffered from indigestion. I soon had to leave because of one of my usual attacks. During this time I had several recommendations, but they all proved of no avail, until a friend gave me a book on "Strength, and how to Obtain it." At first I thought it was the same as the rest, yet still I saw how lads and men in the same predicament as myself had become not only healthy again, but strong. I bought a set of developers and commenced with the chest exercises, which I could hardly stretch at first. I soon began to feel the benefit and at the end of nine months steady exercise I felt as if I were a king. In the meantime I recommenced work, and everybody remarked upon my improvement; my indigestion had totally disappeared, and now at the end of two and a half years I have become one of the strongest lads in the shop. I introduced your magazine in our Reading Club, and I am pleased to say they have taken it ever since, which I think has been the means of other lads going in for dumb-bells and developers. I have increased in height 1½ ins., and weight 40 lbs.

A. GEORGE.

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### To Those with Weak Lungs.

Bengal, India.

SIR,—I think it my duty to inform you of the improvements I have made as a result of exercising with a pair of your spring-grip dumb-bells, according to your instructions. I think I will be lacking in the performance of my duty if I do not let the weak framed and the delicate constituted men (especially sufferers from lung disease and indigestion) in whose category ten months ago I was, know that there can be no better restorer of health and juvenile bloom. I am always trying my best to act up according to your motto, "One may help many," and have succeeded in persuading at least a dozen of my friends to adopt your system in the course of the last few months, and will ever continue to do the same. I beg to draw the attention of my fellow countrymen and especially my friends in Bengal, who follow your system, to the following two important points:—(1) As we often put on such clothes, *e.g.*, duties, etc., which are not at all suited for exercising, it is advisable to take sufficient care to unloosen the portion which surrounds the waist. Unless it is done, no free circulation of the blood can take place, and no good results can possibly ensue. (2) In India, the majority of the people have not the same arrangements for cold and shower baths, etc., as the English people have, so, as far as my experience goes, I have found it better to bathe after a rest of two or three hours than a few minutes after the exercise is over.

P. M. DEVA VARMA.

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### A Pioneer.

Beaconsfield, South Africa.

SIR,—As a constant reader of your valuable magazine, and owing my present physical development to the use of your grip dumb-bells, and your book, "Strength, and How to Obtain it," I am taking the liberty of writing you.

When I first commenced going in for physical culture my friends laughed at me, but after a time when they saw how rapidly my muscles were developing and how strong I was getting they stopped, and now I have induced two of them to buy a pair of your grip dumb-bells each and your book, "Strength, and How to Obtain it," and to go in for physical culture. I am pleased to say they are getting on very well, and express surprise at the benefits they are deriving from physical culture. As there are no gymnasiums or physical culture classes in this town I am going to start one shortly, and let the people know what a blessing they have in physical culture. I hope if any doubters should read this letter they will give physical culture a fair trial, and I am certain they will be surprised at the result as I know from experience. I am trying my very best to uphold your motto, "One may help many," and push your system along. Every week after I have finished reading your magazine I pass it along to my friends, who tell me that after they have read it they feel more determined than ever to go on with physical culture.

H. L. VILJOEN.

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Otley.

SIR,—"Fellowship Medal" duly to hand this morning, for which please accept my warmest thanks. It is simply splendid, and ranks amongst my most valued possessions. In the position it occupies on my watch chain it has been admired by all who have seen it. I hope that through it I may gain many converts to physical culture. I trust that the gold medal may be the next I shall win.

R. LAWSON.

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